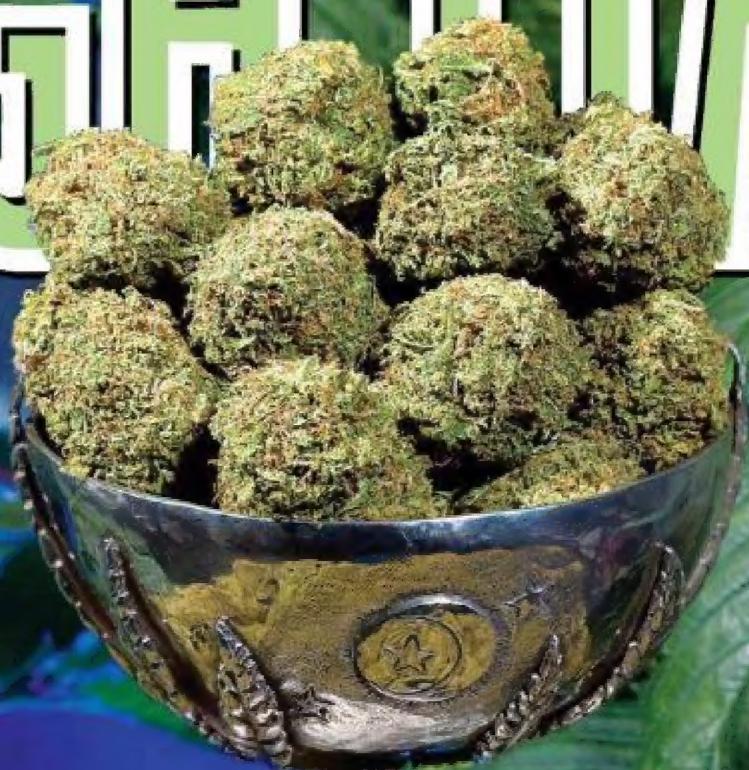


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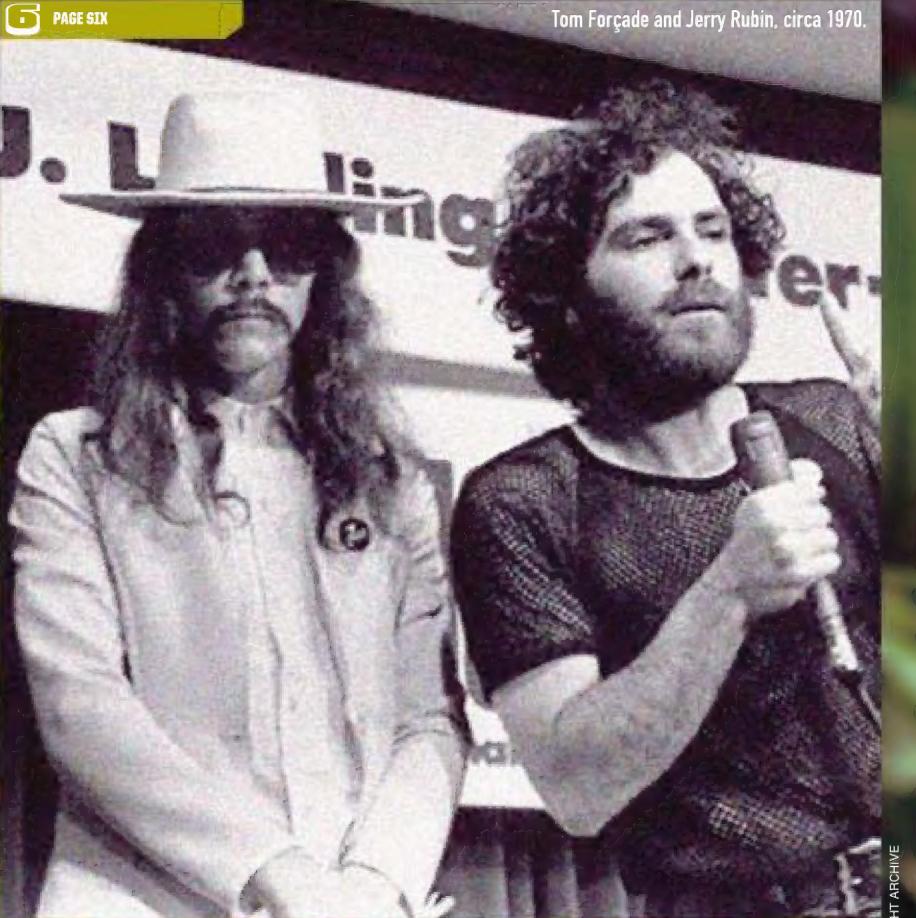


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Tom Forcade and Jerry Rubin, circa 1970.



HT ARCHIVE

## THIS ONE'S FOR TOM

The 22nd Annual Cannabis Cup was dedicated to HIGH TIMES founder Tom Forcade, and Tom's spirit pervaded the event, thanks partly to the participation of Ferdie Good, who imbibed cannabis for the first time as part of a 420 ceremony at the Expo. Franco from the Green House provided a 12-foot vaporizer bag for the occasion. Just before inhaling over half the bag, Ferdie shared a specific memory of Tom as each of the Seven Sacred Candles were lit. And later in the week, he followed a one-hour documentary on Tom's life with an insightful seminar.

Although Ferdie has lived about as far from the "counterculture" as one can get, he blended seamlessly into the ceremonies while bonding with the only other semi-official Forcade representative on hand, pot troubadour David Peel. David was actually once managed by Tom. In fact, Tom's biggest coup in the music arena was to get David briefly signed to Apple Records.

The unlikely duo of Ferdie and David shared breakfast with me almost every morning at the staff hotel. Many years ago, I wrote a history of the Cup that mentioned an unknown barefoot *sadhu* from India, who somehow managed to be at the center of nearly every spontaneous ceremony that erupted during the Eighth Cup, especially the 4:20 a.m. ceremony after the awards show. Peel was a lot like that *sadhu*, as he became the focal point for a lot of spiritual energy. David must have spontaneously written over a dozen songs at the ceremonies throughout the week; I never saw anyone get invested so quickly in the rituals. To truly understand counterculture spirituality, one must embrace improvisational energy, and no one embraced that energy better at the 22nd Cup than David Peel. As such, he left his mark on the event in many ways, including the renaming of the Expo's venue from PowerZone to PowerStone.

Lastly, a very special thanks to Vaporella, Matt Stang, Craig Coffey, Murphy Green and the rest of the Cannabis Cup Crew for their heroic efforts in making this the most successful Cannabis Cup in history. Murphy's excellent overview starts on page 56.

See you at the next Cup!

*Steven Hager*  
Steven Hager  
Creative Director

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# HIGH TIMES



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## FEATURES

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BY DAN SKYE

It's been called the "Last Best Place," and you'll get no argument from us: In this colorful visit to Montana, we inspect the buds and thriving medical scene in one of America's most beautiful states.

### 46 AEROPONICS MADE EASY

Hydro Tech correspondent StinkBud lays out the plans for a simple yet highly effective pot-production system, including step-by-step instructions from start to finish.

### 56 INSIDE THE SMUGGLER'S CUP

BY MURPHY GREEN

Take the pothead pilgrimage of a lifetime to the 22nd Annual HIGH TIMES Cannabis Cup in Amsterdam, featuring the greatest marijuana and hashish on Earth, trips to the city's best coffeeshops, seminars with leading cultivators, the world's most incredible marijuana expo, and performances by Slightly Stoopid, Gomez and Barrington Levy, among other high-quality musical acts.

### 66 THE NUGGET LIST

BY NICO ESCONDIDO

Talk about things to do before you die—you've just gotta smoke these nugs! Straight from Amsterdam and the 2009 Cannabis Cup, here are the year's winners, complete with eye-popping photos and a detailed rundown on each fine herb, as tested by our very own strain gurus. The verdict? We'll just say the competition gets better each year, and let you be the judge of which one's best!

### 76 CANNABIS CUP EXPO

BY NICO ESCONDIDO

Take a trip through the stoniest trade show on Earth with senior cultivation editor Danny Danko and sample the many new marijuana-related products, from cutting-edge grow equipment and nutrients to the most innovative smoking devices around.

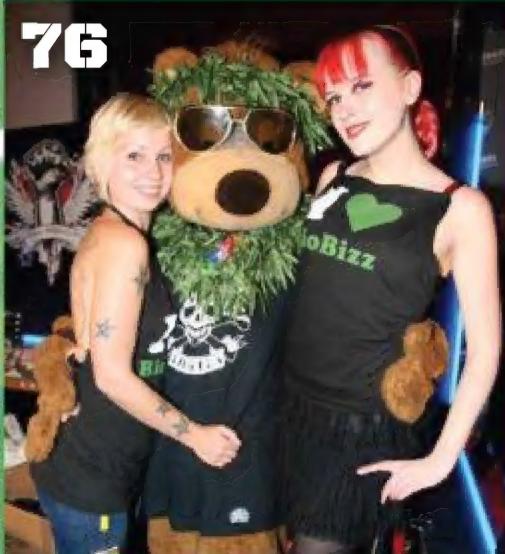
### 84 HIGH TIMES INTERVIEW: RICK SIMPSON, MEDICAL-MARIJUANA MARTYR

BY PAT BYRNE

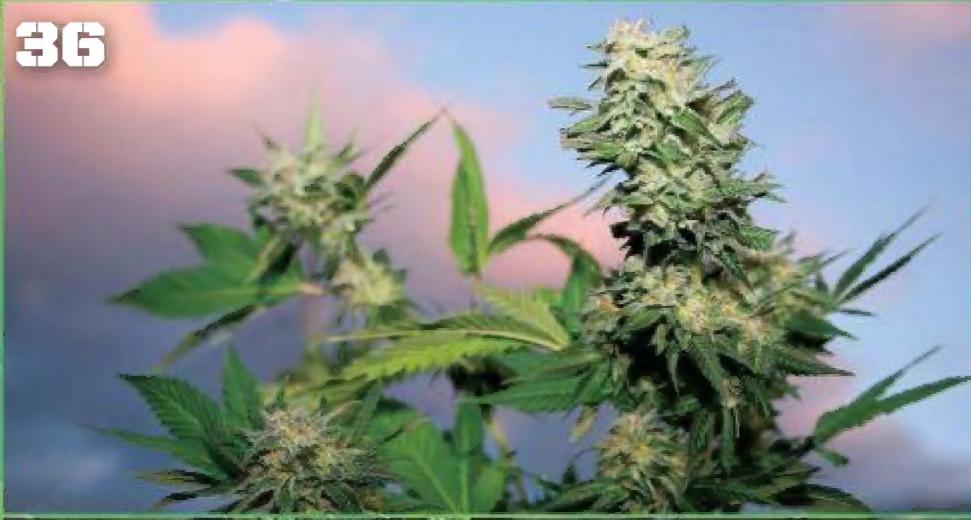
We talk with the 2009 Freedom Fighter of the Year in Amsterdam—the day before his home was raided by the Royal Canadian Mounted Police.



66



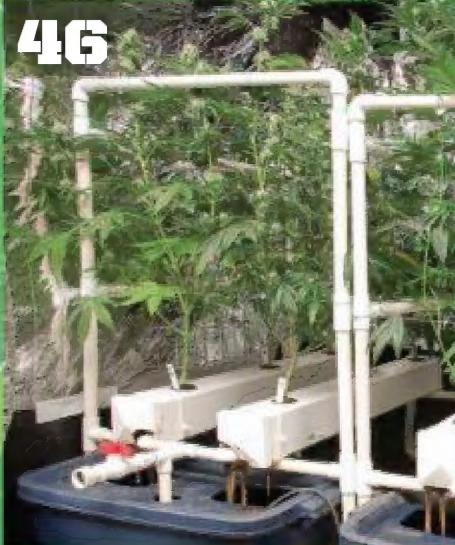
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EDITED BY DAN SKYE

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### 126 NEXT MONTH

### 132 POT 40

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### SUBMITTING PIX

I was wondering what the deal is for submitting pictures on the site. Is that specifically for the Pix of the Crop, or do you guys pick out a couple to put in the magazine along with your own? If not, is there a way to submit pictures for the mag, 'cause I know I've got something I haven't seen on the site or in the mag for a while. You won't be disappointed.

Diggs

All Pix of the Crop photos are reader-submitted. Send your photos to [mailbag@hightimes.com](mailto:mailbag@hightimes.com).

### SIMPSON SAVIOR

I just finished reading the January edition of HIGH TIMES, and I was absolutely floored by your article on Rick Simpson and his research. My brother suffers from a rare skin disease known as scleroderma; it's a disease that started in his hands and now afflicts much of his upper body. There is no definitive cure, and he slowly loses motor function in his hands and arms as the skin hardens to rock. I am writing to ask if you could inform me as to how Rick Simpson actually makes the oil (his final product and treatment), in a technically descriptive manner. My goal is to reproduce his oil and see if it has any positive effects on my brother's condition. We intend to administer it topically and orally. If you don't have the information, I would greatly appreciate your help in contacting Rick so I could ask him myself if he'd be willing to share his "recipe" with me.

Jared

For more info on Rick Simpson, read our extensive interview on page 84.

### SWEET PIECE

I was wondering about the name of the glass that the professor is holding in your "Marijuana: The Real Smart Drug" article (Jan '10 HT). I have a similar one, and I always wondered who made it. A local headshop told me possibly Crush or Hvy, but it has no stamps. It really does look similar to the one on page 18 in that issue.

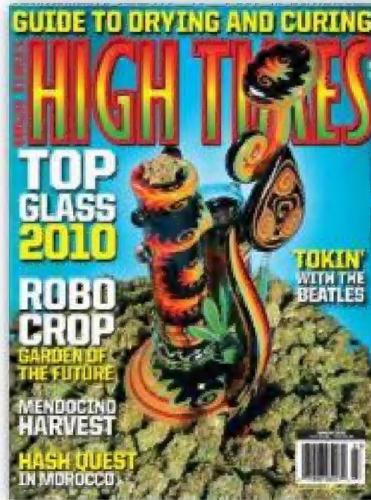
Daron

Professor Craig Hightower is holding a piece made by Hvy Glass. Check out [myspace.com/420hvyglass](http://myspace.com/420hvyglass).

### NO PILLS ... POT!

I know there's no way for anyone out there to verify my story, but take my word for it: I had been up puking all night long and into the morning. My doctor hadn't called me back yet, and I decided to see if Mary J. really does do some of the things people say it does medicinally. Two bowls of good dank later, I feel great! That feeling of wanting to throw up and not being able to went away, and between the dank and some Sprite to combat my dehydration, I'm feeling so much better. Somebody legalize this already! Oh, and somebody get me a pizza!

Phil



### WHAT? ARE YOU CRACKED?

In your January issue, you guys bashed the name of the Green Crack strain, but I think you missed the point. I understand why you guys don't want to associate drugs and marijuana, but I believe the name has nothing to do with potency—it's the plant's characteristics that keep people coming back for more and feeling like they never have enough. From what I've heard in the community

about it, I think it's properly named.

Hot Rod

Um, we think you just made our point for us: Should a preference for a great strain of pot be equated with the behavior of a crack addict? Check out page 13 for other bad strain names.

I have a serious beef with your mag. Don't get me wrong—I'm a longtime reader who loves the articles, the interviews and, best of all, the Q&A's. My beef is with your—and everyone else's—use of the term "dope" or "drugs" when referring to weed. I don't do drugs, dammit—I smoke weed!! I also take offense at "pothead"—just a little too much like "crackhead" for me.

In the spirit of political correctness,  
A.C. Canada

If you see the words "dope" or "drugs" in the magazine, it's usually the government talking, not us. However, these pejorative terms are sometimes used for comic effect—for example, Cheech & Chong use the word "dope" freely. Many cannabis smokers object to a number of other words as well, including "stoner," "pot" and even "marijuana."

### DOWN WITH BROWN

I am a very heavy smoker, and I also hold a very physical full-time job, so I'm not a lazy smoker. I'm from Denver, CO, known as the "Mile-High City" for one obvious reason: WE GET WAY BLOWED UP HERE!!!! Anyway, I happen to smoke just regular-ass schwag. It's all I can afford if I want to smoke a lot—plus when you're at 5,280 feet above sea level, any type of smoke will get you higher up here. I want to say, first, I love your magazine and, second, it's perfect. But here's my idea: How about a section in your monthly bible dedicated to just schwag? I would love to be a contributor, as I do know all about it. I'm sure there are plenty of other smokers just like me who can relate to what I'd have to tell them. Just a smokin' thought.

Z

Send your letters to: Feedback c/o HIGH TIMES, 419 Park Avenue South, 16th floor, New York, NY 10016. Email: [hteditor@hightimes.com](mailto:hteditor@hightimes.com). We reserve the right to edit for length and clarity.

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## MORE STINKY POT NAMES

### CAT PISS

Obviously coined by a cat owner who rarely changes the kitty litter. It's a clone-only strain; some say it's a Trainwreck cross. To be fair, many smokers say it *does* leave a very cat-piss-like odor after a joint is burned.

### HEROJUANA

Every bit as bad as "Green Crack." It's an *indica*-dominant hybrid and smells a bit like Bubba Kush. So what's next? Amphetaweed?

### CHEM DOG

Hands down, one of the best strains ever. However, the name of this stellar Kush strain leads many to believe that buckets of Miracle-Gro were dumped on the plants.

### PLANEWRECK

Has enough time passed that 9/11 jokes are now acceptable? Somebody with a macabre sense of humor came up with this one. Planewreck is a Trainwreck x Afghani ... get it?

We've already criticized "Green Crack" (Jan. '10 HT) as a poor choice for a strain name. But let's be fair: There are many more spectacularly bad names for pot out there. Check these out!

### ROADKILL SKUNK

Although it conjures up a somewhat nauseating image, this classic strain from the '80s, also known as RKS, is a one-hit wonder—a quick and powerful high! It's super-stinky, too, hence the name. Everyone will know when you've bought a bag.

### BABY DIAPER

What an enticing name! Some of the HT staff have actually smoked this strain. Many of us won't smoke with them anymore.

### JFK (JUST FUCKING KILLER)

Speaking of macabre, a top grower thought that "Just Fucking Killer" would be a memorable name for his latest creation—and it plays off the initials of an assassinated president! "Just Fabulous Kind" would have been a bit less tacky.

### PUSSY KUSH

Oh, *puh-lease!* Was this really necessary? If turnabout is fair play: Would you be interested in smoking some Penis Kush?



## THE HITS JUST KEEP ON COMING!

When you're hot, you're hot—and pot definitely is. An October Gallup poll found that 44 percent of Americans now favor the full legalization of marijuana. That's an increase of 13 points since 2000. Experts predict that if public support continues to grow at this rate, most Americans will favor legalization by 2013.

Further demonstrating America's increasing affection for cannabis is the recent government survey reporting that pot use by baby boomers (ages 50 to 59) has increased from 5.1 percent in 2002 to almost 10 percent in 2007. Also, according to the recent National Institute on Drug Abuse survey, teens are using pot more while turning away from cigarettes and alcohol.



China stages a paraphernalia invasion.

## BONGS AWAY!

Just before Christmas, US Customs agents posted at Los Angeles Harbor inspected a shipment of Christmas ornaments from China. Santa must have fucked up, though, because those Christmas ornaments were actually 316,000 glass bongs. The Feds, of course, played Scrooge, announcing that the importer was under investigation, though no arrests were made. Customs spokeswoman Cristina Gamez reminded everyone that it's illegal to import or export drug paraphernalia in the United States.

So we've heard. But then why are headshops all across the US being flooded with poorly manufactured and potentially harmful glass paraphernalia made in Third World sweatshops?



### SNOOP AND MARTHA GET BAKED

Just before Christmas, Snoop Dogg appeared on *The Martha Stewart Show* and helped out in a cooking segment. While they prepared brownie batter, Snoop noted: "Trying to make some brownies—but we're missing the most important part of the brownies."

"Which is, which is, which is?" asked Martha.

"No sticks, no seeds, no stems," replied Snoop. Stewart understood. "You want green brownies."

"The greener the better," declared Snoop.



Dog-sled drug testing rules are all mush.

## IDITAROD IDICCY

The grueling dog-sled race known as the Iditarod spans 1,150 miles across Alaska, from Anchorage to Nome. Mushers and dog teams travel across treacherous country in sub-zero temperatures, often in the dark. The race, which begins March 6, can take over two weeks. But Iditarod Trail Committee officials have managed to put a dent in all of the fun. This year mushers will be tested for drugs and alcohol—which means three-time Iditarod champion Lance Mackey won't be able to toke up.

Mackey is a throat cancer survivor and holds a medical marijuana card. Additionally, Alaska law allows for personal possession of up to one ounce of marijuana, provided the use occurs at home. Mackey says pot helps him stay alert and focused through the 1,100-mile race, but says it's "ridiculous" to think it gives him an edge. "It's a dog race, not a human race. It doesn't affect the outcome of the race," he says.

Iditarod dogs have long been tested for performance-enhancing drugs, but never humans. Mackey says he'll give up pot temporarily rather than ask for an exemption: "I'm going to pee in their little cup and laugh in their face."

## TOP 10 HOTTEST GUYS AT THE CUP

Vaporella returned from Amsterdam gushing about the great ganja—and the guys! Herewith, her Top 10 Cannabis Cup Crushes:



### 1. Erik

Advanced Nutrients' go-to guy. A David Beckham look-alike—need I say more? But whatever you do, ladies, please make sure not to bend it.



### 2. Josh from Underground Originals

The real *Big Book of British Smiles* would include his. No matter what anyone says, the UK is A-OK.



### 3. Appea

One of the PowerZone's finest. This salt-and-pepper-haired bouncer may look tough, but he's just a pussycat. Show him your French inhale and maybe he'll flex for you.



### 4. Anonymous

After the Expo ends for the day, head to the Melkweg for a night of beers, buds, bands—and batting your eyelashes. One of the security guys (who asked not to be named, only described) is a sex-pot extraordinaire. Look for two facial piercings and the milky-cocoa-colored skin. Yup, that's him.



### 5. Emille

While working at the Cup, the *HIGH TIMES* staff likes to unwind at the Whiskey Bar. Inside is Emille, who is extra-easy on the ol' red eyes. And he's 21, so for young 'uns, he's the catch of the day.



### 6. Ritchie

PowerZone's sexy owner is always clad in a seed-company shirt one size too small. If you catch him while he's working the bar, be prepared for a wink garnish.



### 7. Lawrence

You can't miss this yummy, muscley Checkpoint Charlie inspecting your pass at the door. Have it out and ready: He's gonna find out who's naughty or nice.



### 8. Adam

You can recognize this co-owner of TH Seeds by the beard. I'm not generally a big facial-hair fan, but seeds and stems and Hoodlamps, oh my! I do have a thing for lisps and earplugs. Meow!



### 9. Jet

At the Cup, you'll see former Cannabis Castaway Jet Baker emceeing or doing one of his Jet raps about puffing. You can't miss him ... or his baby blues.



### 10. Arjan

During the Cup, Arjan is *everywhere* on behalf of the Green House, kissing hands and shaking babies. The King of Cannabis can water my plants any day!



**ROB CANTRELL**  
My first trip to Amsterdam was a memorable one: Less than two hours after I arrived, I was onstage hosting the official opening ceremonies for the 22nd Annual Cannabis Cup—right after toking up on some super Dutch weed called Headband in the HIGH TIMES green room. I vividly remember looking out on the crowd and seeing the blue, green and red stage lights reflecting off a huge, dank cloud of herb smoke that hung over the large international audience.

"I love Amsterdam!" I told the baked assembly. "All I do is smoke weed and drink coffee all day ... yes, I am scared and jittery all day long! Coffee and weed, and sometimes mushrooms—but if you're going to do mushrooms, do them for the spiritual reasons. Never get physical on mushrooms, and definitely never masturbate on mushrooms: It can be very traumatic to see your own dick explode in your hand!"

The super-stoned crowd ate it up—one of the best times I've ever had onstage. The next day, I hit up a couple of coffeeshops and found the experience far more civilized than ducking behind a smelly dumpster with a one-hitter like a crack addict. Instead, I was able to stroll into a safe, warm coffeeshop and ask for a bong. The bongtender even put fresh water in it for me. Then I ripped a couple of smoky tubes and had an excellent espresso.

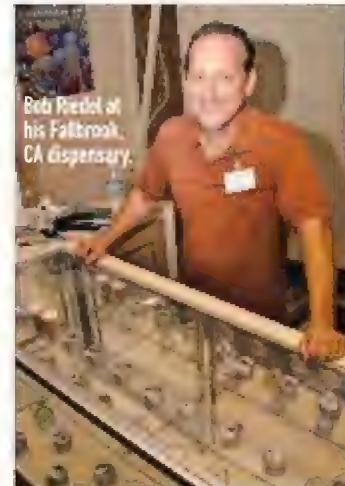
Coffee and weed, yes indeed! Cheers to the Cannabis Cup, Amsterdam ... and you!—Rob Cantrell

## SPRING CLEANING

If you're a dedicated pot smoker, then you know what gunk buildup is like in your bowl. Usually, you're forced to unbend a paper clip or use the point of a pen to scrape out the burnt residue of a sticky bud. Not any longer. Smoke Better is marketing the most ingenious line of devices that we can remember (which really isn't very long, it turns out)—spring-loaded pipes! Who'da thunk? The Better Bat self-cleaning one-hitter and the Eject-a-Bowl allow you to push up the bottom of your pipe bowl and get a hit of fresh, clean bud for every toke. Spring forward into a new age of stonerdom! Check out [smokebetter.com](http://smokebetter.com).

## BUSINESS IS BUSINESS

What does a responsible business do when it wants to help out in the community? It joins the local chamber of commerce. And that's exactly what Mother Earth's Alternative Healing Cooperative in Fallbrook, CA, did. Bob Riedel, the co-owner of the dispensary, said that when he submitted his application, it became a hot topic of discussion for the chamber—so much so, in fact, that the Fallbrook Chamber of Commerce had its members take a vote in order to decide whether Mother Earth's



should be admitted. In the end, said the chamber's executive director, David Bergeson, it was a matter of allowing "a legitimate business recognized by the state" to operate. He added that the chamber "had no logical reason to reject their application."

Riedel immediately donated \$500 to the chamber's Christmas-parade committee and made plans to have reps from his dispensary ride in a parade vehicle.

## A NEW POT U.

Following in the footsteps of Oaktsterdam University, America's first institute of higher learning dedicated to the study of cannabis cultivation, MedGrow Cannabis College in Michigan has now opened its doors, offering a six-week course on medical marijuana that covers all the basics of successful cannabis cultivation. The course costs \$485, and the primary textbook is *Marijuana Horticulture: The Indoor/Outdoor Medical Grower's Bible* by Jorge Cervantes. Nick Tennant, the college's 24-year-old founder, says: "This state needs jobs, and we think medical marijuana can stimulate the state economy with hundreds of jobs and millions of dollars."

## THIS MONTH IN SHOWBUZZ

### HIGH CLOSING COSTS

In December, reports surfaced that Lil Wayne was having problems moving his upscale pad in Miami. Why? It seems that Lil Wayne likes to puff—all the time. A prospective buyer told the *New York Post*: "A member of Wayne's posse opened the door to the overwhelming smell of marijuana. Two hot, rap-video-looking girls were walking around in nothing but a bra and underwear, blasting hip-hop. We just went in and looked around and tried not to stare. He had a perfectly organized closet of crisp T-shirts on hangers, neatly stacked piles of XXL magazine ...."



Well, neatness counts.



### GANJA GOSSIP

Maybe more kids will help—because, according to a new book, there's trouble in paradise. In *Brangelina: The Untold Story of Brad Pitt and Angelina Jolie*, author Ian

Halperin writes that the two fight constantly over lots of things, including his pot use. In several interviews last year, Pitt declared that he hasn't been smoking pot for a while now—but film director Quentin Tarantino begged to differ, citing Pitt's possession of a righteously huge slab of hash during a meeting prior to making *Inglourious Basterds*. The book also dishes that Pitt drinks and cheats on Jolie, and that she has the temper of "a cobra."

### A FALCON FALLS

In December, Atlanta Falcons defensive lineman Jonathan Babineaux was busted for possession of 40 grams of pot during a routine traffic stop in Atlanta. Violating the NFL's substance-abuse policy could result in a four-game suspension for Babineaux and a huge dent in his paycheck. Nevertheless, Babineaux played in the Falcons' next game and, by all accounts, played well. Meanwhile, he still awaits his punishment from the league.



A no-no for Babineaux.

Though we do have to wonder: If pot is indeed "dangerous" and a player smokes it a few days prior to a game, wouldn't the NFL be well advised to shield the player from endangering himself and others by keeping him out of the game? Or maybe NFL players who get caught with pot are punished simply because it's bad publicity.

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Inside the  
Cannabis Cafe.

## PORLAND'S CANNABIS CAFE

Local activists blaze an Oregon trail.

Well known to everyone in the medical-marijuana movement for her infectious smile and endless enthusiasm, Madeline Martinez, executive director of Oregon NORML, has opened the Cannabis Cafe, an Amsterdam-style coffeeshop in Portland for qualified registrants of the Oregon Medical Marijuana Program and members of Oregon NORML. Cannabis is not sold at the café, but after paying a monthly membership fee, patients can vaporize or smoke their own on the premises, as well as share medicine with other members. The Cannabis Cafe features comfy couches and a pool table and serves meals and light snacks. All proceeds benefit Oregon NORML, the statewide chapter of the nation's oldest and largest marijuana-law-reform organization.

"The response has been overwhelming," Martinez says. "We're excited to be able to provide a safe place for patients to medicate that is out of public view and within the guidelines of the Oregon Medical Marijuana Act."

So far, Portland police have received no complaints and say the café is not under any special scrutiny. Martinez opened it in late November, not long before her organization hosted the 2009 Oregon NORML Medical Cannabis Awards, an annual event that names the top medical strains (as chosen by local patients) and also features seminars, concerts and a holiday gift bazaar. This year, Purple Urkel took the highest honor, followed by Afghani Bullrider and Limon.

The Rick Bayer Award was presented to Sunil Aggarwal, Ph.D., who spearheaded the passage of the American Medical Association's recent policy reversal on medical marijuana. Activist John Walsh was named Freedom Fighter of the Year to honor his 25-year history of gathering signatures for a host of citizen initiatives and ballot measures, most recently OCTA (the Oregon Cannabis Tax Act for 2010).

Guest speaker and Native American activist John Trudell spoke eloquently about our movement: "Medical marijuana is not about profiteering—it's about a true medicinal need. I admire the energy of your creative intelligence. This movement is a model for accomplishing goals. And it isn't just about resistance, but *non-cooperation*. The children of the plant reject the prevailing mindset, and we will not cooperate!"

The Oregon chapter will also be hosting the 2010 National NORML Conference in the fall. Martinez, the recipient of the 2007 Pauline Sabin Award for women's leadership in the cannabis movement, promised: "You just wait. We've got plenty of surprises for our honored guests!" —Dave Bienenstock & Danny Danko

## THE ART OF LEONARD PELTIER

A Native American political prisoner paints behind bars

Leonard Peltier, a member of the American Indian Movement, has been wrongfully imprisoned for 32 years. Convicted of the murder of two FBI agents following a shootout on the Pine Ridge Indian reservation in 1975, his case represents one of the worst miscarriages of justice in US history, wherein evidence was fabricated and witnesses were coerced to give false testimony. But behind bars, Peltier has become a powerful spokesperson for Native rights and has been nominated for the Nobel Peace Prize six times. During his incarceration, he has developed into a master artist. Add your voice to the growing call for his release by purchasing copies of his outstanding artwork.

Visit [Leonardpeltierart.com](http://Leonardpeltierart.com) and [whoisleonardpeltier.info](http://whoisleonardpeltier.info).



## FINE DINING IN DENVER

A tasty way to get high in The Rockies.

Steve Horowitz says: "In a different life, I used to be America's magnet king. I sold hundreds of thousands of magnets to realtors. It was easy, over-the-phone sales, and it was a great advertising tool for them."

Well, we all know what happened to America's real-estate market. Suffice to say, realtors pretty much stopped buying magnets over the last 18 months.

So what does a deposed magnet king do? After investigating Colorado's burgeoning dispensary scene, Horowitz concluded that there wasn't a very wide variety of edible medicine available for patients. Sure, there were great chocolates and brownies, but what about a menu of dishes that would please a host of discerning palates?

Steve freely admits that his first loves in life are food and cannabis. So opening the Ganja Gourmet in Denver—America's first full-menu cannabis eatery—was a natural step. "We're fun, relaxed and chill," Steve says. "We're here to improve people's lives. And we've got fabulous food: salads, pizza, lasagna, hummus, jambalaya, paella, with a lot more dishes in the works."

Two chefs and four budtenders oversee the kitchen. There is one menu proviso, however: You're only permitted to order one dish every 45 minutes. Because each dish is made with one full dose of cannabis medicine, the Ganja Gourmet imposes this safety precaution to prevent any adverse reactions. However, more than one menu selection is allowed on take-out orders.

Steve's next move is to use the Ganja Gourmet as a springboard for forming a nonprofit foundation that will facilitate easy access to cannabis medicine for veterans and those on disability. "I'm a patient myself," he says. "I've been dealing with ADHD since I was a kid, and I've been using cannabis as medicine since I was 17. I know how difficult life can be when you're deprived of the opportunity to participate fully. I hope I can give others that opportunity."

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# Medical Marijuana: A Note of Caution

by Lester Grinspoon, M.D.

**Dr. Lester Grinspoon is associate professor emeritus of psychiatry at Harvard Medical School and the author of *Marijuana Reconsidered* (Harvard University Press, 1971) and *Marijuana: The Forbidden Medicine* (with Dr. James B. Bakalar, Yale University Press, 1993). This op-ed is a response to an article that appeared in the January 2010 HIGH TIMES, "Rick Simpson's Hemp-Oil Medicine," written by Steve Hager, HIGH TIMES creative director.**

Like everyone else who has been working over decades to ensure that marijuana, with all that it has to offer, is allowed to take its proper place in our lives, I have been heartened by the rapidly growing pace at which it is gaining understanding as a safe and versatile medicine. In addition to the relief it offers to so many patients with a large array of symptoms and syndromes [almost invariably at less cost, both in toxicity and money, than the conventional drugs it replaces], it is providing those patients, their caregivers, and the people who are close to them an opportunity to see for themselves how useful and unthreatening its use is. It has been a long and difficult sell, but I think it is now generally believed [except by the United States government] that herbal marijuana as a medicine is here to stay.

The evidence which underpins this status as a medicine is, unlike that of almost all other modern medicines, anecdotal. Ever since the mid-1960s, new medicines have been officially approved through large, carefully controlled double-blind studies, the same path that marijuana might have followed had it not been placed in Schedule 1 of the Controlled Substances Act of 1970, which has made it impossible to do the kind of studies demanded for approval by the Food and Drug Administration. Anecdotal evidence commands much less attention than it once did, yet it is the source of much of our knowledge of synthetic medicines as well as plant derivatives. Controlled experiments were not needed to recognize the therapeutic potential of chloral hydrate, barbiturates, aspirin, curare, insulin or penicillin. And there are many more recent examples of the value of anecdotal evidence. It was in this way that the use of propranolol for angina and hypertension, of diazepam for status epilepticus [a state of continuous seizure activity], and of imipramine for childhood enuresis [bed-wetting] was discovered, although these drugs were originally approved by regulators for other purposes.

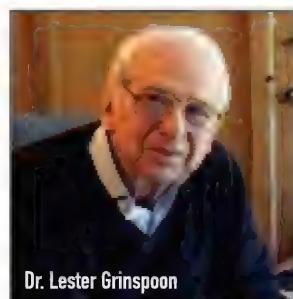
Today, advice on the use of marijuana to treat a particular sign or symptom, whether provided or not by a physician, is based almost entirely on anecdotal evidence. For example, let's consider the case of a patient who has an established diagnosis of Crohn's disease but gets little or no relief from conventional medicines [or even occasional surgery] and suffers from severe cramps, diarrhea and loss of weight. His cannabis-savvy physician—one who is aware of compelling anecdotal literature suggesting that it is quite useful in this syndrome—would not hesitate to recommend to this patient that he try using marijuana. He might say, "Look, I can't be certain that this will help you, but there is now considerable experience that marijuana has been very useful in treating the symptoms of this disorder, and if you use it properly, it will not hurt you one bit; so I would suggest you give it a try, and if it works, great—and if it does not, it will not have harmed you."

If this advice is followed and it works for this patient, he will report back that, indeed, his use of the drug has eliminated the symptoms and he is now regaining his weight; or that it doesn't work for him but he is no better or worse off than he was before he had a trial of marijuana. Particularly in states which have accommodated the use of marijuana as a medicine, this kind of exchange is not uncommon. Because the use of cannabis as a medicine is so benign, relative to most of the conventional medicines it competes with, knowledgeable physicians are less hesitant to recommend a trial.

One of the problems of accepting a medicine—particularly one whose toxicity profile is lower than most over-the-counter medicines—on the basis of anecdotal evidence alone is that it runs the risk of being oversold. For example, it is presently being recommended for many

types of pain, some of which are not responsive to its analgesic properties. Nonetheless, in this instance, a failed trial of marijuana is not a serious problem; and at the very least, both patient and physician learn that the least toxic analgesic available doesn't work for this patient with this type of pain. Unfortunately, this kind of trial is not always benign.

In the January 2010 issue of HIGH TIMES, Steve Hager published an article, "Rick Simpson's Hemp-Oil Medicine," in which he extols the cancer-curing virtues of a concentrated



Dr. Lester Grinspoon

form of marijuana which a Canadian man developed as "hemp oil." Unfortunately, the anecdotal evidence on which the cancer-curing capacity is based is unconvincing; and because it is unconvincing, it raises a serious moral issue.

Simpson, who does not have a medical or scientific education [he dropped out of school in ninth grade], apparently does not require that a candidate for his treatment have an established diagnosis of a specific type of cancer, usually achieved through biopsy, gross and histopathological examinations, radiologic and clinical laboratory evidence. He apparently accepts the word of his "patients." Furthermore, after he has given the course of "hemp oil," there is apparently no clinical or laboratory follow-up; he apparently accepts the "patient's" belief that he has been cured. According to Hager, he claims a cure rate of 70 percent. But 70 percent of what? Do all the people he "treats" with hemp-oil medicine have medically established, well-documented cancer, or is he treating the symptoms or a constellation of symptoms that he or the patient have concluded signify the existence of cancer? And what is the nature and duration of the follow-up which would allow him to conclude that he has cured 70 percent? Furthermore, does this population of "patients with

Is Rick Simpson really out standing in his field?



cancer" include those who have already had therapeutic regimes (such as surgery, radiation or chemotherapy) which are known to be successful in curing some cancers or holding at bay, sometimes for long periods of time, many others?

There are patients who have a medically sound diagnosis of pre-symptomatic cancer (such as early prostate cancer) but who, for one reason or another, eschew allopathic treatment and desperately seek out other approaches. Such patients are all too eager to believe that a new treatment, such as hemp-oil medicine, has cured their cancer. Unfortunately, this cancer, which was asymptomatic at the time of its discovery, will eventually become symptomatic, and at that time the possibility of a cure is significantly diminished, if not no longer a conceivable goal.

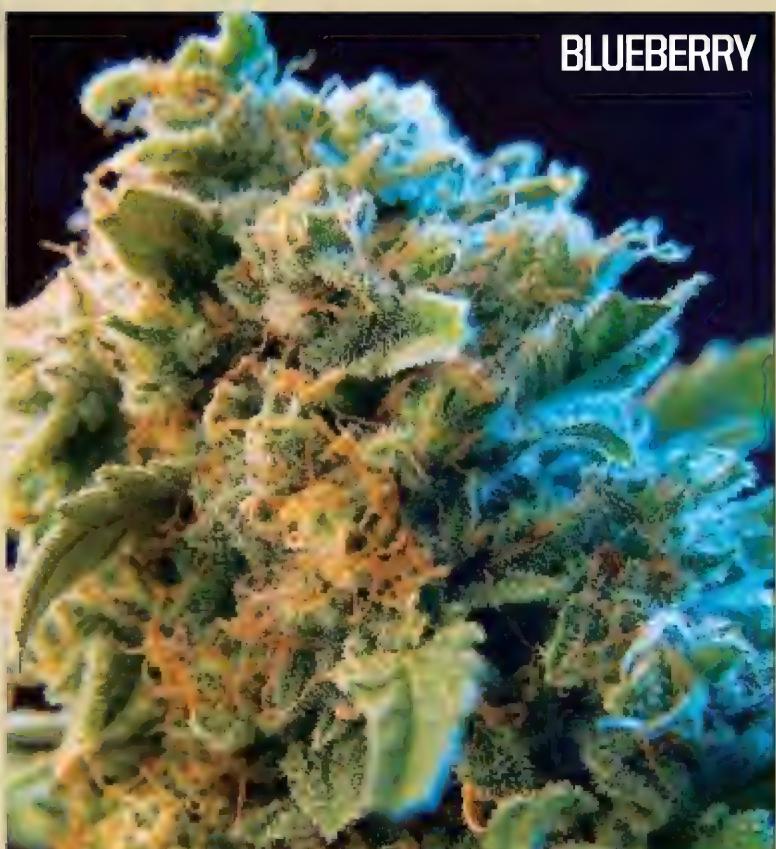
This lesson was brought home to me when I was asked by the American Cancer Society,

**'There is no present evidence that [cannabis] cures any of the many different types of cancer.'**

-Dr. Lester Grinspoon

during a period early in my medical career when I was doing cancer research, to participate in an investigation of a man in Texas who claimed that a particular herb that his grandfather discovered would cure cancer. I was able to locate two women who had well-documented diagnoses of early (asymptomatic) cervical cancer who had decided not to have surgery but instead went to Texas and took the "medicine." When I first met them some months after each had taken the "cure," they were certain that they were now cancer-free. With much effort, I was able to persuade them to have our surgical unit perform new biopsies, both of which revealed advancement in the pathological process over their initial biopsies. Both were then persuaded to have the surgery they had previously feared, and there is no doubt that this resulted in saving their lives.

There is little doubt that cannabis now may play some non-curative roles in the treatment of this disease (or diseases) because it is often useful to cancer patients who suffer from nausea, anorexia, depression, anxiety, pain and insomnia. However, while there is growing evidence from animal studies that it may shrink tumor cells and cause other promising salutary effects in some cancers, there is no present evidence that it cures any of the many different types of cancer. I think the day will come when it or some cannabinoid derivatives will be demonstrated to have cancer-curative powers, but in the meantime, we must be very cautious about what we promise these patients. \*



Trans-High Market Quotations (THMQ) reports pot prices by the ounce, strain and location. To submit prices, go to the THMQ link at [hightimes.com](http://hightimes.com).

CURRENT US PRICE INDEX: \$374 (last month: \$368; YTD: \$363)

CURRENT KIND INDEX (\$350+ PER OZ): \$451 (\$414, \$437)

CURRENT MIDS INDEX (\$150-\$349 PER OZ): \$271 (\$296, \$280)

CURRENT SCHWAG INDEX (\$1-\$149 PER OZ): \$97 (\$108, \$96)

STATE	CITY	STRAIN	PRICE
ARIZONA	Phoenix	Power Plant	\$500
	Tucson	Blackberry	\$350
		Northern Lights	\$345
CALIFORNIA	Gridley	UK Cheese	\$200
	Sacramento	White Widow	\$225
COLORADO	Denver	Jack Herer	\$400
		Cheesel	\$300
FLORIDA	Tampa Bay	G-13 x Haze	\$400
		Bubbleberry	\$350
INDIANA	Lafayette	Sour Diesel	\$400
		OG Kush	\$400
IDAHO	Coeur d'Alene	Diesel	\$280
		Purps	\$300
ILLINOIS	Chicago	OG Kush	\$280
		White Rhino	\$500
		White Widow	\$380
INDIANA	Lafayette	Hog	\$400
LOUISIANA	Baton Rouge	Trainwreck	\$500
MAINE	Bangor	Schwag	\$80
		Mids	\$220
MARYLAND	Baltimore	White Rhino	\$280
		Purps	\$350
MASSACHUSETTS	Boston	White Widow	\$400
		Chronic	\$350
		Jack Herer	\$425
MICHIGAN	Clinton Township	Kush	\$550
		East Coast Sour Diesel	\$550
		C-99	\$500
MONTANA	Detroit	OG Kush	\$420
		Jack the Ripper	\$450
		AK-47	\$500
NEBRASKA	Livonia	Blue Cheese	\$300
		Mid-Grade	\$400
NEW JERSEY	Lincoln	Sensi Star	\$300
		Super Lemon Haze	\$300
NEW YORK	Buffalo	Purple Diesel	\$550
		C-99	\$420
OHIO	Ennis	Woody's Haze	\$350
		LSD	\$400
OKLAHOMA	Tulsa	Sweet Tooth	\$500
		G-13	\$320
OREGON	Portland	Purps	\$280
		White Shark	\$260
		Afghooey	\$400
TEXAS	Milwaukee	Mango	\$300
		Deep Chunk x Sberry Cough	\$250
VIRGINIA	Austin	Red Dragon	\$800
		St. John's, Newfoundland and Labrador, CANADA	
CANADA	Dallas	Blueberry Kush	C\$280
		Juicy Fruit	C\$225
CANADA	Regina	Deep Chunk x Sberry Cough	C\$250
<b>INTERNATIONAL</b> (prices listed in Canadian dollars)			
CANADA	St. John's		

## MARKET ANALYSIS

Once again, it's Kush in the top pot spot for the month. Perennial runners-up Diesel and Purps were also well represented in April, and after a two-month absence, Haze returned to the list of most-submitted strains this month. Meanwhile, White Widow cracked the top five for the first time in 2010 (last appearance: November 2009). The top five submitted strains (with average price) were Kush (\$410), Diesel (\$436), Purps (\$370), Haze (\$350) and White Widow (\$335).

**Index Watch:** While the Mids and Schwag indices were down from their previous month's average, the US Price and Kind indices finished April above both their previous-month and year-to-date averages. However, while the US Price Index increased only slightly from March to April, the Kind Index experienced a significant jump in average price (+37) over the same period.

HIGH TIMES wants to know what you're smoking. Submit your strain information, including location and price by the ounce, to [thmq@hightimes.com](mailto:thmq@hightimes.com).

## APRIL MARKET AVERAGES 2006-2010



White Widow - \$225

Gridley, CALIFORNIA

"All this medicine is very high-quality; the price reflects how flooded the market is here at the moment. God bless Nor-Cal!"

Deep Chunk x Strawberry Cough - C\$250

St. John's, Newfoundland and Labrador, CANADA

"Grown organically indoors. Dark in color and full of trichomes, these fruity-smelling nugs provide a powerful, uplifting cerebral high."

Woody's Haze - \$350

Loveland, OHIO

"Woody's Haze is a local Midwestern legend. The massive colas offer some seriously skunky buds, with a taste to die for!"

OG Kush - \$420

Clinton Township, MICHIGAN

"There is some dank OG Kush finding its way into everyone's bowl around here. Some serious sticky-icky, fluffy and light green, that seems to burn forever! Well worth the \$420 an ounce."



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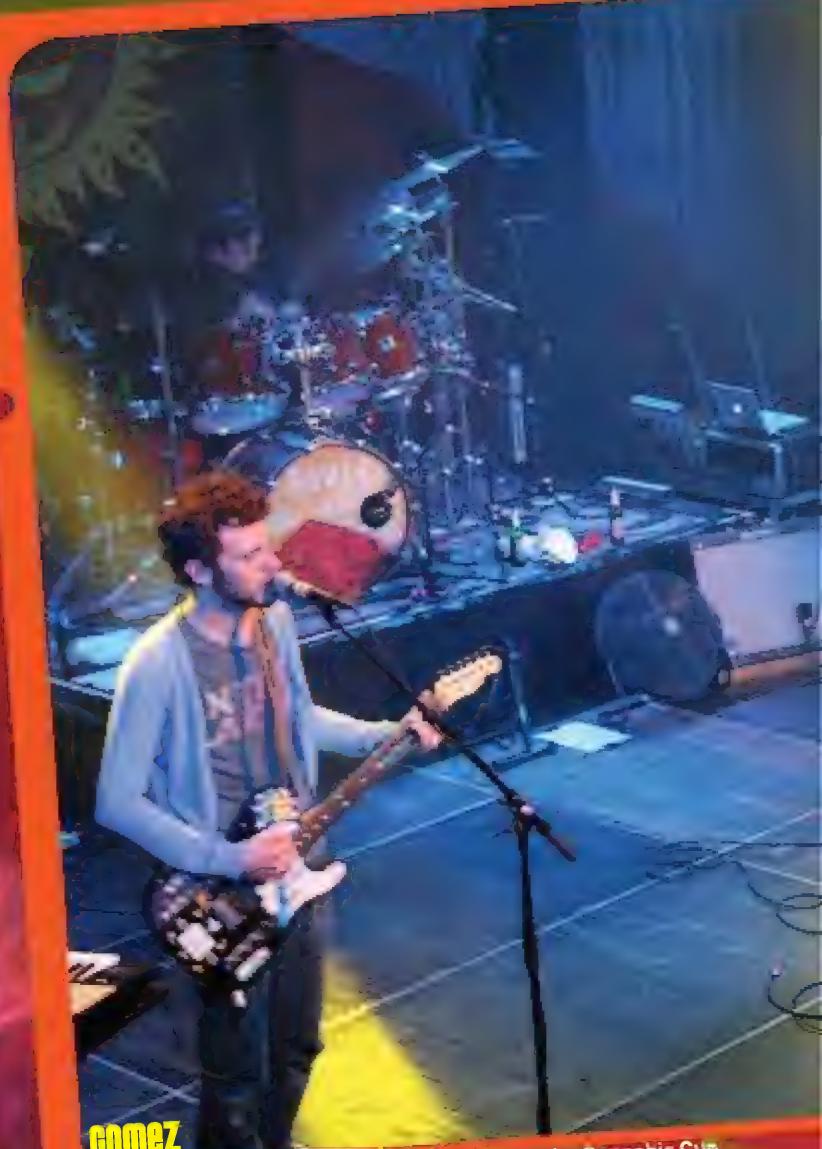
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## Barrington Levy

Reggae legend Barrington Levy's incendiary performance at this year's Cannabis Cup almost didn't happen. Stranded in Jamaica just a day before the show, Levy relied on a little help from his "friends in high places," including party hosts DNA Genetics and Seedless Clothing, in order to grease a few wheels, get him on a plane, bring him into the Netherlands and, shortly thereafter, lead him onstage. From there on out, Levy—one of the most energetic and herb-praising performers in reggae—knew exactly how to please a crowd full of overly irie cannabis enthusiasts.

The highlights included an extra-stony take on the pot torch song "Collie Weed," the hit song "Murderer," and an encore that provided ample demonstration of the kind of vocal acrobatics that first helped Levy earn his fame as one of the creators of dancehall.



## Gomez

Gomez brought a decidedly indie-rock vibe to the Cannabis Cup, much to the delight of the diehard fans smoking up a storm in the front rows, not to mention the many new recruits that the band won over among the stoned masses gathered in Amsterdam. On hand to headline the official Cup party thrown by Barney's Coffeeshop, this critically acclaimed British quintet offered up some kind words for their host's Vanilla Kush strain between numbers as they worked their way through a well-paced, tightly executed set of songs spanning a now-decade-long career.

After winning the prestigious Mercury Music Prize for their first album in 1998, Gomez built a loyal following at home and in Europe, which they've been extending stateside the past few years with high-profile gigs at Coachella, Bonnaroo and Jam Cruise, plus a recent slot opening stadium shows for Pearl Jam.

Highlights from their Cannabis Cup performance included an ironic encore of "Get Myself Arrested," Gomez's musical critique of the UK's nonsensical pot laws. Naturally, nobody was getting arrested in Amsterdam—at least not for cannabis.



## Yellowman

Yellowman had the good fortune to arrive at the Cannabis Cup in the middle of the day, just when HIGH TIMES was taking possession of all the sativa strains entered into the Cup by seed providers the world over. Prized for their soaring, uplifting and energizing high, sativas take weeks (even months) longer to mature than indicas and typically yield far less, making them highly sought after by true cannabis connoisseurs.

Sativas are also, apparently, the ideal smoke to fuel a nonstop leaping and singing reggae performance. After accepting a mixed bouquet of powerful sativas prior to his show, Yellowman literally jumped onto the stage and sang his heart out, keeping the energy level eternally set to "high," even to the point of busting out a few rounds of jumping jacks between numbers. The highlights included a sativa-inspired, dance-hall-paced take on "Sinsemilla," Yellowman's inspired ode to high-grade ganja.



### DAVID PEEL

John Lennon and Yoko Ono personally signed David Peel to Apple Records after a random encounter with the marijuana minstrel in New York's Washington Square Park. A few decades later, Peel provided the anthemic soundtrack to the 22nd Annual Cannabis Cup, thrilling the thousands of judges assembled in Amsterdam with a series of impromptu performances of his pro-pot ditties, including "I Like Marijuana," "Hippie from New York City" and "The Pope Smokes Dope."

### EASY STAR ALL-STARS

The official Cannabis Cup opening ceremonies wrapped up with a featured performance by the Easy Star All-Stars, a high-flying reggae outfit known primarily for their inventive cover versions of tunes by Pink Floyd, the Beatles, Radiohead and other stoner-friendly acts. The All-Stars' album titles alone—*Dub Side of the Moon*, *Radiodread* and *Easy Star's Lonely Hearts Dub Band*—should give the uninitiated a good idea of what to expect.

By the end of the night, the All-Stars had blown away the THC-laden Cannabis Cup crowd so thoroughly that lighters were actually used to demand an encore, in addition to lighting up cannon-sized spliffs and overflowing bowls of hash.



Slightly Stoopid's show ranges from mellow vibes to thrashing punk.



## GETTIN' STOOPID AT THE CUP

Slightly Stoopid rocks Amsterdam's ultimate pot party, after enjoying the Cup's ultimate pot tasting. By Dave Bienenstock

"Mad respect to all of you for even making it out here amid this madness," Slightly Stoopid complimented their highly appreciative crowd during a headlining set at the Green House Coffeeshop's official Cannabis Cup party. "Now let's turn this entire place into one giant smokestack!"

Naturally, the ganja-loving crowd was happy to oblige, making full use of Amsterdam's legendary freedoms to create a cannabis cloud in the air so thick that it practically obscured the stage from view. And yes, Slightly now knows all about the marijuana madness that surrounds the HIGH TIMES Cannabis Cup, particularly after we treated the world's best pot-party band to a private tour of our legendary cannabis-testing temple.

Sequestered away from the marijuana masses, those lucky few heads admitted into the temple's inner sanctum find Amsterdam's finest flowers awaiting them in coded jars—undoubtedly the greatest stash in the world, even if it only lasts a few blessed days. Since our expert and celebrity judges take part in a series of blind tastings—lest their objectivity be compromised by knowing exactly what they're smoking—the band decided to use their limited time with the dozens of jars on hand to collectively settle on one favorite smoke, rather than risk the sore throats and soaring highs required to properly sample and rate every strain.

Joined by their good buds from Seedless Clothes, the Slightly Stoopid crew were escorted to our undisclosed testing location and given unlimited access

to all of the assembled pot and hashish. For well over an hour, they sampled freely from the literally dozens of different varieties entered in this year's various cannabis competitions, including strains submitted by nearly 30 different coffeeshops, and *indicas* and *sativas* from cannabis-seed providers worldwide.

After much intense "research" involving many massive bong rips, a few close-up looks through the microscope and even a "heated" discussion over a vaporizer bag, the band eventually settled on a prized purple strain as their personal favorite—later revealed as the Purps from BC Bud Depot.

That same night, Slightly Stoopid (fully recovered) brought the same level of energy and enthusiasm to their stage show that they'd brought to testing weed, rocking the crowd with their own unique blend of rock, reggae, punk and soul. The highlights included toker-friendly tunes like "Sinsemilla," "This Joint," "Anywhere I Go" and "Wiseman."

A few nights later, HIGH TIMES caught up with lead singer Kyle McDonald while he was mixing in with the Cup crowd at yet another pot-fueled fiesta, this time a DNA Genetics party featuring reggae singer Barrington Levy. Clearly thrilled to experience such a living legend up close, McDonald perma-grinned his way through a high-energy performance from the self-described inventor of dancehall. Amid all that madness, McDonald had only one request: more of that crazy purple pot!

Naturally, HIGH TIMES was happy to oblige. \*

**'Let's turn this entire place into one giant smokestack!'**



C-Money and Miles Doughty with HT editors Bobby Black and Danny Danko.

Slightly Stoopid's Kyle McDonald shares a smoke with a far-more-than-slightly-stoned-front-row fan at the HIGH TIMES Cannabis Cup.

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**CIA-Opium Connection Revealed**  
According to the New York Times, Ahmed Wali Karzai (brother of the US-installed Afghan president) receives regular payments from the CIA and is also a major kingpin in the country's opium trade, which has been booming since the US took military control over Afghanistan. Karzai reportedly heads a paramilitary force under CIA supervision that controls opium distribution.

# INSIDE THE D.E.A.

An interview with Doug Valentine by Steven Hager

Douglas Valentine was a professional tree surgeon until 1981, when he began a career as a writer and investigative reporter. In 1990, he published *The Phoenix Program*, an account of the CIA-sponsored assassination program during the Vietnam War that resulted in over 26,000 deaths. Some of the characters from the Phoenix Program were later recruited into various drug-enforcement agencies, and Valentine's research—the basis for two books on the US government's War on Drugs—has followed the deep political connections among drug overlords, organized crime and the intelligence agencies that secretly support them. In 1994, he uncovered evidence that bolstered actor Woody Harrelson's efforts to appeal the conviction of his father, Charles Harrelson, for the murder of a federal judge (the appeal was ultimately unsuccessful). Valentine is also proud to have worked for the family of Dr. Martin Luther King, Jr. His latest book is *Strength of the Pack: The Personalities, Politics and Espionage Intrigues That Shaped the DEA* (Trine Day, 2009).

#### Where does the CIA-Mafia connection begin?

When the United States invaded Italy during World War II, the Mafia paved the way. Narcotics agent George [Hunter] White was instrumental in establishing this link: There were a lot of agents from the Bureau of Narcotics who helped create the OSS during the war. They needed the Mafia in Italy; they needed the Corsicans, who were part of the resistance against the Nazis. So they formed close relationships during the war.

So when the Bureau of Narcotics and Dangerous Drugs [the DEA's immediate predecessor] was created in 1968, John Ingersoll [the first BNDD head] was put in charge of cleaning up corruption in New York City—and he only got about halfway through the job when they arm-chaired him out of that mission, correct?

Well, it started to become a morale problem—there's inspectors climbing all over the place, and everybody's afraid of bending the rules. Everyone knows when you're a case-making agent, as soon as you get out on the street, those rules go out the window. And you can't have all these corruption investigations going on, so Ingersoll decides everybody's clean. But at the same time, he goes to the director of the CIA, Richard Helms, and to John Mitchell, the US attorney general, and they decide to secretly hire a group of about 20 CIA agents. The CIA is getting out of Vietnam, and it has a lot of extra guys.

Weren't these guys brought in to do "wet work" like Phoenix? They were supposed to assassinate foreign

#### drug dealers?

Well, yeah—but they also create this secret "anti-corruption" program, and they don't tell anybody in the BNDD. They integrate these CIA officers into the BNDD, and they assign one to each of the regions to spy on the big bosses. But it's a cover for a CIA-BNDD operation to assassinate and capture drug dealers. The Rockefeller Commission found out about it and wrote a little bit about it in 1975. They were supposed to make corruption cases, but they never did. And, of course, [the commission] never talked about the fact that it was a cover for what they were *really* supposed to do.

#### Did they actually kill anybody?

I've heard of as many as 150 assassinations. I asked Ingersoll about a \$150 million slush fund related to this "corruption" unit, and he said, "Yeah, that was an operational part of it." And that's one example of how the CIA's influence in drug-law enforcement is pervasive: National-security interests always supersede federal drug-law enforcement. My book follows this corruption unit into the intelligence functions of the DEA.

#### It took them years to penetrate the Brotherhood of Eternal Love.

One of the guys that was in on that was Terry Burke, who brought Timothy Leary back from Afghanistan. Burke became acting administrator of the DEA. He was a CIA officer in Laos, and he was recruited into this corruption unit. I spent a lot of time talking to Terry Burke.

He was in Laos in '64 and '65, working for a guy named Tony Poe [Anthony Poshepny], who I also interviewed—Tony Poe ran the base in Laos that the CIA was flying drugs out of. Dennis Dayle ran the CENTAC program [short for "Central Tactic Unit," the federal anti-drug strike force within the DEA] and said every important case could have been carried further, but the CIA blocked it. The CIA has no idea where the drug money goes, right? They can look through a satellite and see the color of your eyes, but they can't find out where this drug money is going?

#### How did you get involved with Frank Olson and MK-ULTRA?

I filed an FOIA [Freedom of Information Act request] with the CIA for its records on MK-ULTRA and, through a fluke, the CIA sent me unredacted documents, including George White's diary. Narcotics agent George White was hired to run an MK-ULTRA subproject. These documents came and had the names of everybody involved, so I just went out and interviewed them.

**Knowing how sneaky intelligence operations are, couldn't they be planting agents—so-called "whistleblowers"—in order to salt disinfo and put mud in the investigative waters?**

Yeah, they are always muddying the water. That's why it's so important to stick to facts and what you know to be true. [Former CIA head William] Colby liked me, and he introduced me to a lot of guys who were senior CIA officers. And they told me all sorts of incredible inside stuff. After two or three years, I'd walk up and I'd meet a CIA officer, and they'd think I was CIA.

#### Because you were friends with Colby?

It's being deceptive, but that's how you get the story.

#### So there are agents who think you're undercover, planting stories?

Probably not any more, ha ha ha. But they did for a long time, and some of them probably think I'm still just maintaining an elaborate cover. \*

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# STONED AGAIN

## ROLLING STONES

*Get Your Ya-Ya's Out!*  
40th Anniversary Deluxe Box Set  
(ABKCO)



Coming as it did smack in the middle of the Rolling Stones' greatest string of studio albums—*Beggar's Banquet*, *Let It Bleed*, *Sticky Fingers* and *Exile on Main Street*—the rush release of the 1970 live album *Get Your Ya-Ya's Out!* was bound to be a bit of a disappointment. Regardless, there's a ramshackle charm to it as the Stones struggle to reinvent themselves as a touring unit after a three-year hiatus from the road, several drug busts, the expulsion and subsequent death of Brian Jones, and the introduction of guitar wunderkind Mick Taylor. Within a few years, the Taylor-era Stones would reach their live apex, but at this point, there's still the distinct presence of a learning curve.

The ultimate document of the 1969 tour is the Maysles Brothers film *Gimme Shelter*, which charts the journey of the "greatest rock'n'roll band in the world" from the triumphant Madison Square Garden shows at



The Glimmer Twins  
in the Plaza Hotel in  
New York, 1969

which Ya-Ya's was recorded, to the tragic and utterly avoidable Altamont debacle. For those who wish to concentrate on the music without the pathos, this new Ya-Ya's box is your best bet. In honor of the 40th anniversary of the '69 tour, ABKCO Records has released an expanded version of Ya-Ya's with enough bells and whistles to make it attractive to diehard Stones fans and neophytes alike.

Originally, the Stones had intended Ya-Ya's to be a double album that included tracks by their opening acts, B.B. King and Ike & Tina Turner, but that would've went against the quickie cash-grab spirit in which their record company had originally conceived it. (It's unlikely any vinyl document of the '69 tour would have been released, had not the audience-recorded bootleg *Live'r Than You'll Ever Be* started moving units in the sort of numbers that make corporate hacks ask themselves that fateful question: *Where's my piece?*) So now we get the B.B. King and Ike & Tina sets, which are both decent but not particularly revelatory, as well as the real reason that most people are going to make the \$50 sacrifice to obtain this box: a bunch of unreleased Stones stuff—five bonus tracks and a short DVD of concert outtakes and backstage tomfoolery, including brief cameos by Jimi Hendrix, Janis Joplin and the Grateful Dead. I'm not sure why they chose to throw the bonus tracks on a separate disc as opposed to presenting the whole concert in its proper order, or why they went with the out-of-tune acoustic numbers for the DVD instead of something that rocked a bit harder. But these are minor flaws to an otherwise superb reissue.—Chris Simunek

## PRIESTESS

*Prior to the Fire*  
(Tee Pee)



"We're Priestess, and we're going to fuck you!" This was the rallying cry with which Montreal r.o.k. stallions Priestess opened their shows for years, and it was a promise they consistently made good on: Live, this band is one of the most obliterating I've ever seen ... and I've seen them a lot. *Prior to the Fire*, their sophomore effort, leaves me feeling a little more fucked over than fucked, unfortunately. Whereas their previous album, 2006's *Hello Master*, was a quartz mine of hard-rock hooks, at least half the songs on *PTTF* feel overwrought or, I guess, overwritten.

There's no question these guys are ridiculously talented musicians, and that's certainly in evidence here—just check out the bass on "Sideways Attack," or the drums on, well, any song—but tracks like "The Firebird," "It Baffles the Mind" and "We Ride" come off as standard-issue stoner rock, and in that mold, run long and deliver little memorable riffage. There are some diamonds, though, including the flange-intro'd "Ladykiller," the strangely nostalgic "Murphy's Law" and the closing, speed-metalting "Trapped in Space and Time." The true standout here is aptly named "The Gem," with its Thin Lizzy-style twin guitars that dissolve into a brief, repeating hot metallic riff before thundering full speed ahead, ripping and destroying.

Overall, this album sounds like it was written by a band who felt under pressure to be great. Since they already were great, I'm gonna get what I can out of this and eagerly await their next release.—Polly Watson



## JONATHAN LETHEM

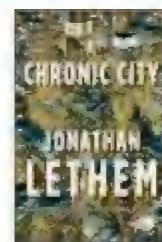
*Chronic City*  
(Random House)



When critically acclaimed writer and MacArthur "genius grant" recipient Jonathan Lethem publishes a new, herb-infused novel called *Chronic City*, HIGH TIMES' resident literati get excited. In his earlier *Fortress of Solitude*, Lethem brought a masterfully restrained take on magic realism to the New York of the 1970s, following the adventures of a pot-smoking street kid named Dylan as he blazes his way through a wasted adolescence on the seedy side of the Baked Apple—a great read from cover to cover, right down to the obscure HIGH TIMES reference buried deep in the text.

In *Chronic City*, Lethem returns to Gotham, this time setting his story among the political and social elite of Manhattan's Upper East Side. Chase Insteadman, a former child actor turned celebrity boyfriend (albeit to a female astronaut stuck on a space station), lives off of old sitcom royalties, finding his only comfort in the high-end marijuana provided by one of New York's many pot deliverymen. Once a particular variety called ICE begins to produce some rather unusual effects, and an escaped tiger begins ransacking the city, any sense of conventional reality quickly unravels for Chase and his friends.

When Chase starts referring to marijuana strains like AK-47 as "brands," we want to believe it's the character who's confused and not the author—but by the end of this sprawling novel, we realize it must be both. While the writing shows flashes of Lethem's previous brilliance, the "half-baked" plot makes little sense.—David Bienenstock



## VAMPIRE WEEKEND

*Contra*  
(XL Recordings)



This quartet of Columbia University grads emerged in early 2008 with one of the most feted debuts of the year, boasting an intoxicating blend of chamber-pop savoir faire, indie-pop whimsy and Afro-pop rhythms that sounded like they were cadged directly from Paul Simon's *Graceland*. Despite the hype and a vaguely precious comportment, the self-titled disc was utterly winning.

Two years later, Vampire Weekend has lost none of their luster or peculiarly alluring charm. *Contra* expands the combo's palette without sacrificing the vibrancy or immediacy of their adventurous, hook-lined arrangements. Though it's a wonderful listen from start to finish, several numbers absolutely leap out, demonstrating more show-stopping appeal than anything they've released to date. Foremost among these is "Cousins," whose pulsing Latin rhythms race with dancehall fervor over a rubbery bass line and a cascading surf guitar that verges on "Wipeout." "Holiday" is nearly its equal, bounding with ska-inflected energy reminiscent of the first couple of Police albums, sidling into a warm baroque-pop break in which singer Ezra Koenig imagines vacationing in a troubled post-invasion beach republic—but no worries, ugly Americans: "I've got Cutter spray and a healthy sense of worth." "California English" finds the band indulging their reggaeton impulses over a calypso groove; "Taxi Cab" brings a graceful, balladic piano and cello-driven sway; and the bass-heavy "Giving Up the Gun" throbs like a house anthem with a funk undercurrent, all beneath Ezra Koenig's rarefied tenor croon. The band's balance of world-music vigor and sophisticated pop poise sparks a joyous *frisson* that sweeps you along in its wake.—Chris Parker





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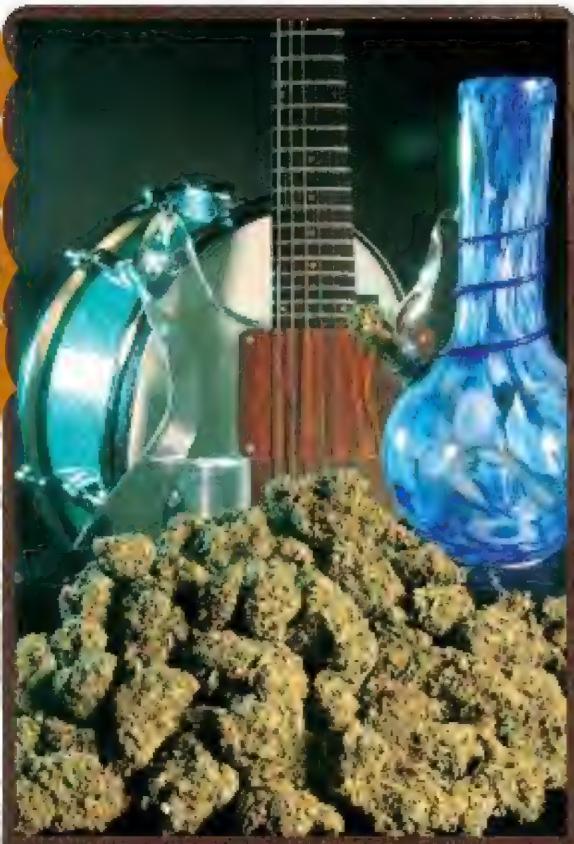
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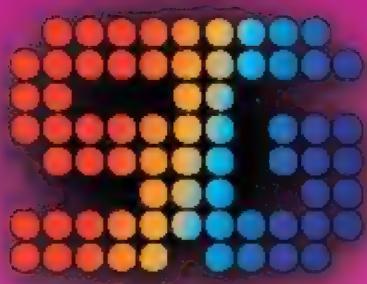
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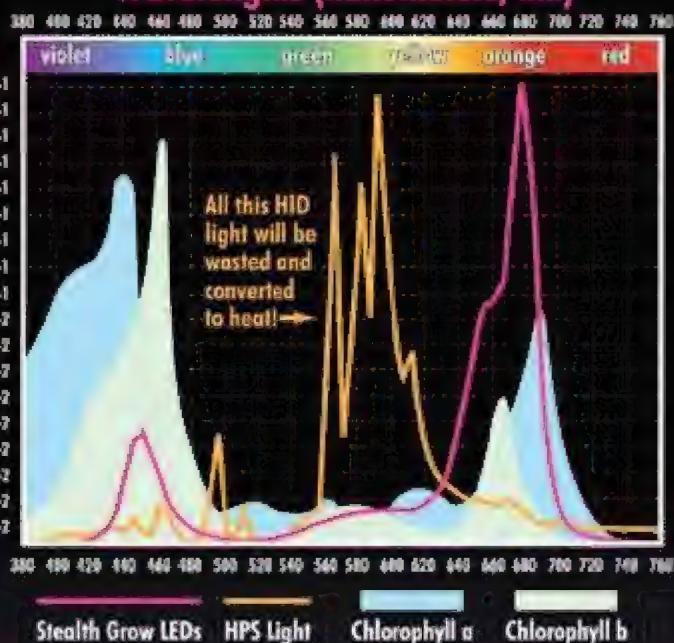
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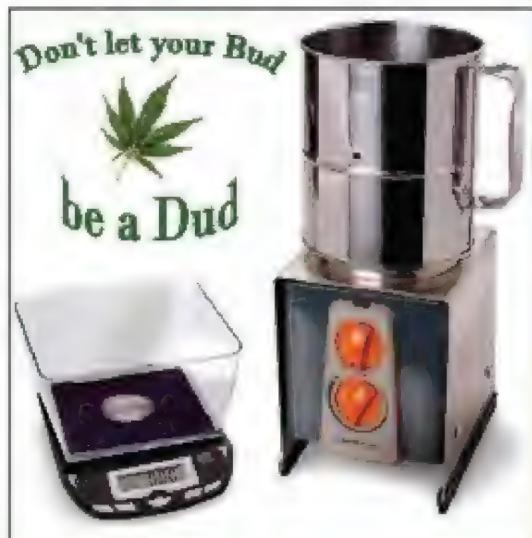


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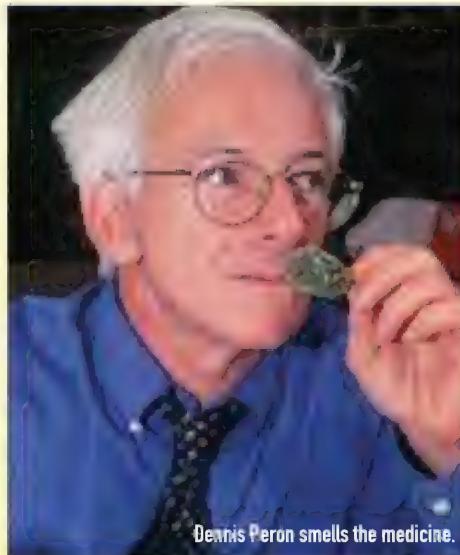
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BRAIN DAMAGE CONTROL

## VIVA PERON!

America's medical pot pioneer weighs in on California's dispensary scene.

By Paul Krassner



Dennis Peron smells the medicine.

**By definition, marijuana provides efficacy to such a broad spectrum of human maladies and conditions...that one can safely say that all marijuana is medical.**

One of the architects of California's historic medical marijuana bill, Dennis Peron championed medical marijuana a generation before it became legal. He was also founder of the groundbreaking San Francisco Compassion Club in 1994. I caught up with him as California gears up for a battle for adult recreational use in 2010.

What triggered the transition in you, from being in the Air Force during the Vietnam War to leadership in the medical-marijuana fight? The easy answer is "I got busted"—and every time I got busted, I got mad, and every time I got mad, I focused on something constructive to do with the anger ... like running for California governor (garnering 100,000 votes), writing Proposition P, the 215 initiative, or starting a dispensary and a movement.

The more complex answer involves the intense pain and anguish I felt and encountered, first in Vietnam, and later as the AIDS epidemic ravaged my community. Time and time again, I saw marijuana assuage searing mental torment and wracking physical pain. As John Lennon sang, "Whatever gets you through the night is all right"—and marijuana sure helps a lot of people through the night, whatever their ailment. So for goodness' sake, let's get this simple hemp painkiller legalized!

As the co-author of Prop. 215, what's your take on the crackdown on those dispensaries making a profit? Because profiting violates the law you helped create ....

Profiting is not within the spirit or the intent of Prop. 215, and I do not support profiting in the dispensary sector. On the other hand, marijuana is a large cash crop and a commodity, so pricing fluctuates. The law of supply and demand is always at play—some years, the harvest is better than others; some seasons, supplies dwindle drastically till the next harvest comes in. At such times, prices will surely rise. I guess what I'm getting at is that the issue of profit vis-à-vis the medicinal-marijuana trade is relative and not always so clear-cut. I would have to know much more about the finances of the individual dispensaries to give you a more informed answer here.

You've said that *all* marijuana is medical. Would you expand on that concept?

I always knew all uses of marijuana are medical. Marijuana may be used for the treatment of disease, the relief of pain, and for healing purposes, including the relief of asthma, glaucoma, arthritis, anorexia, migraine, multiple sclerosis, epilepsy, nausea, stress; as an antibiotic, an anti-emetic and/or as any healing agent, or as an adjunct to any medical procedure for the treatment of cancer, HIV infection and so on. By definition, marijuana provides efficacy to such a broad spectrum of human maladies and conditions—from anxiety to HIV infection and heart disease—that one can safely say that all marijuana is medical.

But aren't you playing into the hands of those who claim that if marijuana as medicine were decriminalized, it would create the wedge for the decriminalization of marijuana for recreational purposes?

No ... like I said, *all* uses of marijuana are medicinal.

Finally, what question would you like me to ask you?

"As a creative person—one on the leading edge of American culture—how has marijuana been of support to you in your continuing endeavors?"

Would you care to answer your own question?

Coming from a large family, I always enjoyed having a lot of people around—and what brings people more together than pot? Nothing. It fit so perfectly into my commune-loving, pot-loving, restaurant/resort/pot-club brain that it all came naturally. Leading a movement was never my thought, but that quote from Margaret Mead always haunts me: "Never doubt that a small group of dedicated citizens can change the world. Indeed, it's the only thing that ever has." \*

Paul Krassner is the author of Who's to Say What's Obscene?—Politics, Culture and Comedy in America Today. (No, it's not a multiple-choice question.) Check out Paul's C-SPAN appearance at <http://bit.ly/46okng>.



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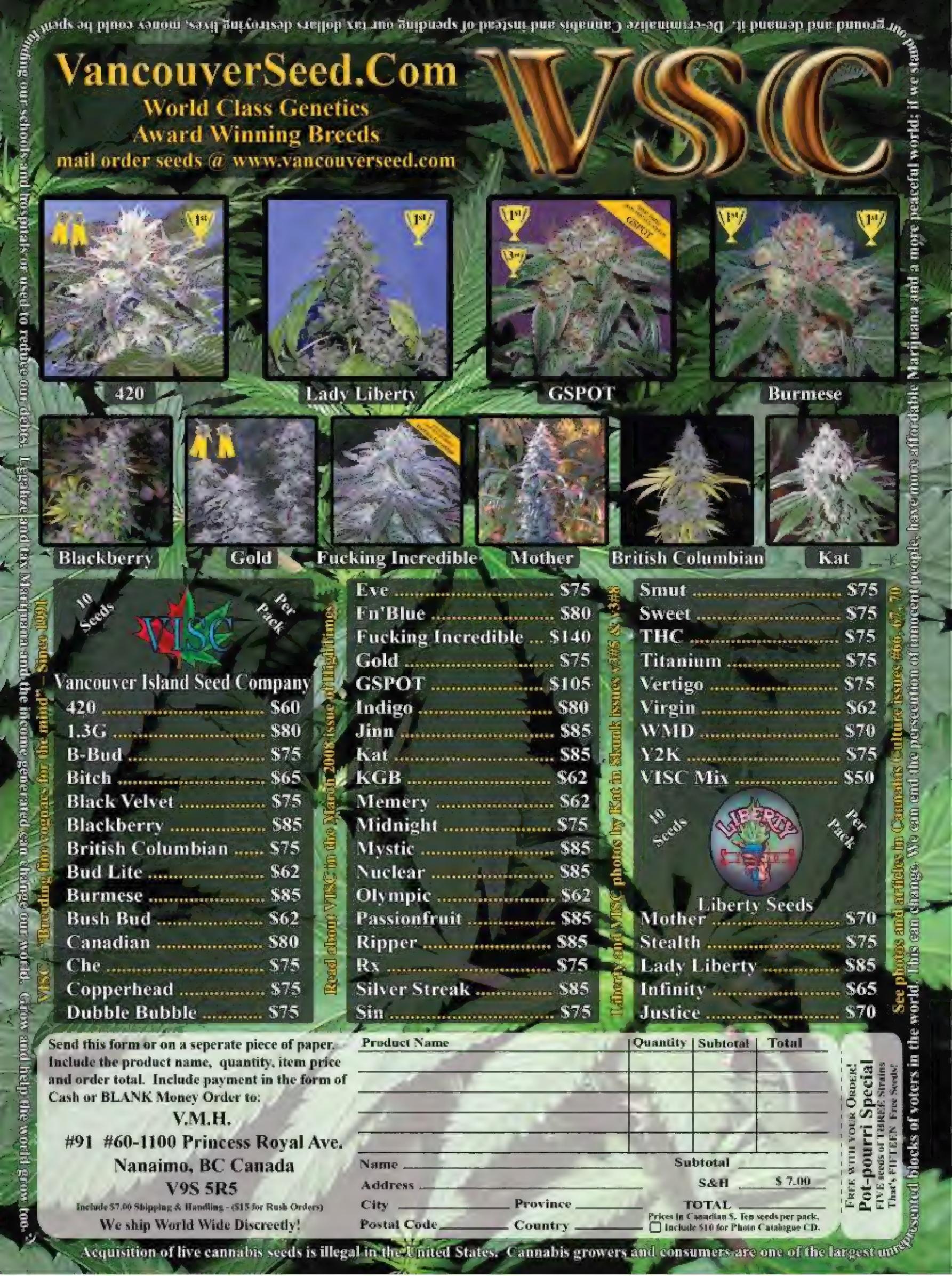
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Read about VISC in the March 2008 issue of High Times.

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Photo by K

HIGH TIMES  
TOP TEN WEEDS  
2009  
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Blue Widow buds, Blueberry x  
White Widow, stand sentinel  
over the Montana landscape.



Montana is vast and quiet, except for the ever-present wind blowing across the land. Its wide-open spaces and rugged scenery evoke a profound sense of reverie. This is what's called "God's country." Naturally, the buds growing in His backyard are nothing less than glorious. Story & photos by Dan Skye

# big sky high

**Our truck bounces across the farmland.**  
A tall, rangy farmer in his late twenties is at the wheel. The sun hasn't quite risen above the mountains on this chilly fall morning in Montana.

The wheat and alfalfa crops have been harvested, and the adjacent hay fields are now dotted with bales. This spread, about an hour outside of Helena, comprises 1,500 irrigated acres, but the farmer's land holdings exceed even that. He confides that one of his favorite pastimes, after the crops are in, is to drive out into his fields with a cup of coffee and a joint, stop the truck, and just listen to the sounds of a day beginning in Big Sky country. But his morning meditation will be postponed for a few minutes today.

Up ahead, a herd of antelope lazes in the grass. With the approach of the truck, one member of the herd rises. His uneasiness is quickly communicated to the rest of the animals and, in seconds, the entire herd has



A herd of antelope in the sun from stoppers.

risen and is hastily moving away.

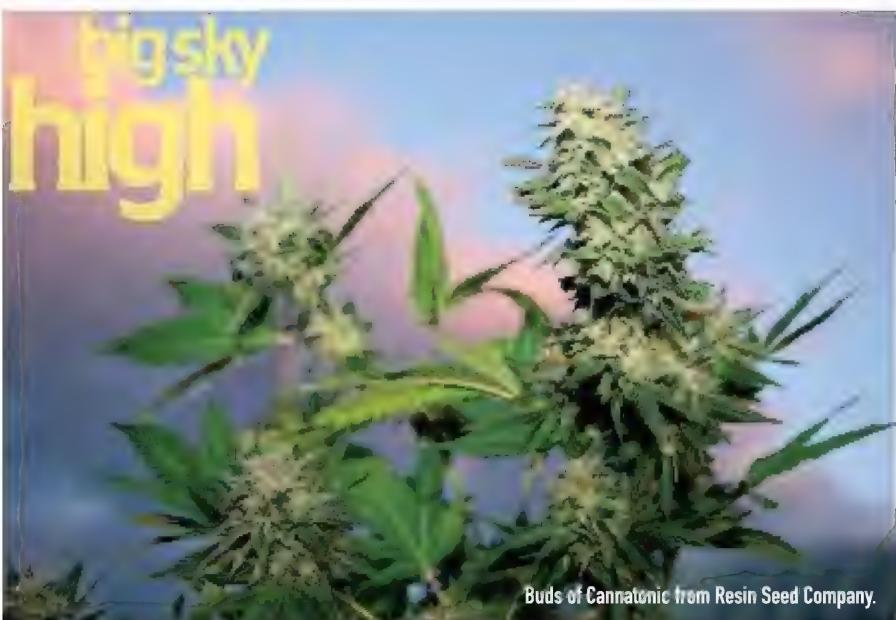
"Let's give these guys their morning exercise!" the farmer laughs. Then he smashes his foot down on the gas pedal.

There's no actual chance of catching the herd—and what would you do with an antelope herd anyway? We hit 60 mph in the open field, but the antelope race as a single entity, always swerving away from our forward direction. It's futile, but definitely fun.

In time, the herd is racing in a wide circle around us. Eventually, we stop, but the antelope

don't: Their brains are hard-wired for flight, so they continue their dizzying orbit around the truck. Finally, one dude begins to slow down, then trots to a standstill. Soon others follow suit, and shortly, everybody stops. The antelope stare at us warily, waiting for our next move. But that's all there is.

We light our joints, drink our coffee—and listen.



Buds of Cannatonic from Resin Seed Company.

The unofficial moniker for Montana is “the Last Best Place.” Here, antelope, deer and elk literally outnumber the people. Montana ranks fourth in area among the states, but its population is only 900,000. Forty-six of Montana’s 56 counties have been designated “frontier counties,” with a population of less than six people per square mile. There’s plenty of elbow room here—room to grow. And that’s what this Montana farmer does.

Six years ago, Montana became the 10th state (there are currently 14) to allow patients to use and grow marijuana for medicinal purposes. Voters approved the measure by a whopping 62 percent. Under the law, patients and caregivers are required to register with the state’s Department of Public Health and Human Services.

But the law is restrictive, if not downright unworkable: Patients are only allowed to possess up to one ounce and grow up to six plants. Or they can designate a caregiver, who can grow six plants and possess one ounce on their behalf (which begs the question: If you grow more than an ounce, are you legally bound to destroy what’s left?).

As in Colorado, the state’s residents were slow at first to acquire their medical cards. But now, over 4,000 residents are legal cannabis users, with an additional 2,000 registrants expected over the next six months. Also, 221 Montana doctors are now on record as having recommended cannabis for their patients.

Right now, there are also approximately 1,500 registered caregivers. Many have begun to open storefronts—but these are not part of a California- or Colorado-style retail-access model, in which legal med-pot users are free to purchase medicine from the dispensary of their choice. Caregivers in Montana can only provide to patients who have specifically designated them as

providers. However, some are pushing the envelope and selling to any patient, as long as they’re state-certified.

Angela Goodhope is a cannabis advocate who was instrumental in passing Missoula County’s

“lowest law-enforcement priority” pot law. She is also on the county’s executive board. She looks askance at those caregivers who are flouting the law.

“It allows some caregivers to monopolize business, which leads to overcharging,” she says. “It’s not that I oppose the model of allowing caregivers to sell to anyone registered with the state, but it’s a process. This model of safe access has to be introduced in a responsible way to the community so that people are educated and understand what’s going on. I wish caregivers would work with policymakers to achieve these goals.

“Because the Montana legislature meets every two years—next in 2011—caregivers who don’t follow the rules give legislators plenty of time to come up with bad bills, which we end up playing defense on,” Goodhope continues. “Remember, we have a lot of poor people in this state. They deserve an alternative medicine at a low price.”

The fact is, of the 1,500 or so registered caregivers, very few handle 20 or more patients—which probably makes Ray Rae’s Medicine one of the biggest caregivers in the state. Many would argue that it’s also one of the best.



The open range lies just beyond the greenhouse door.

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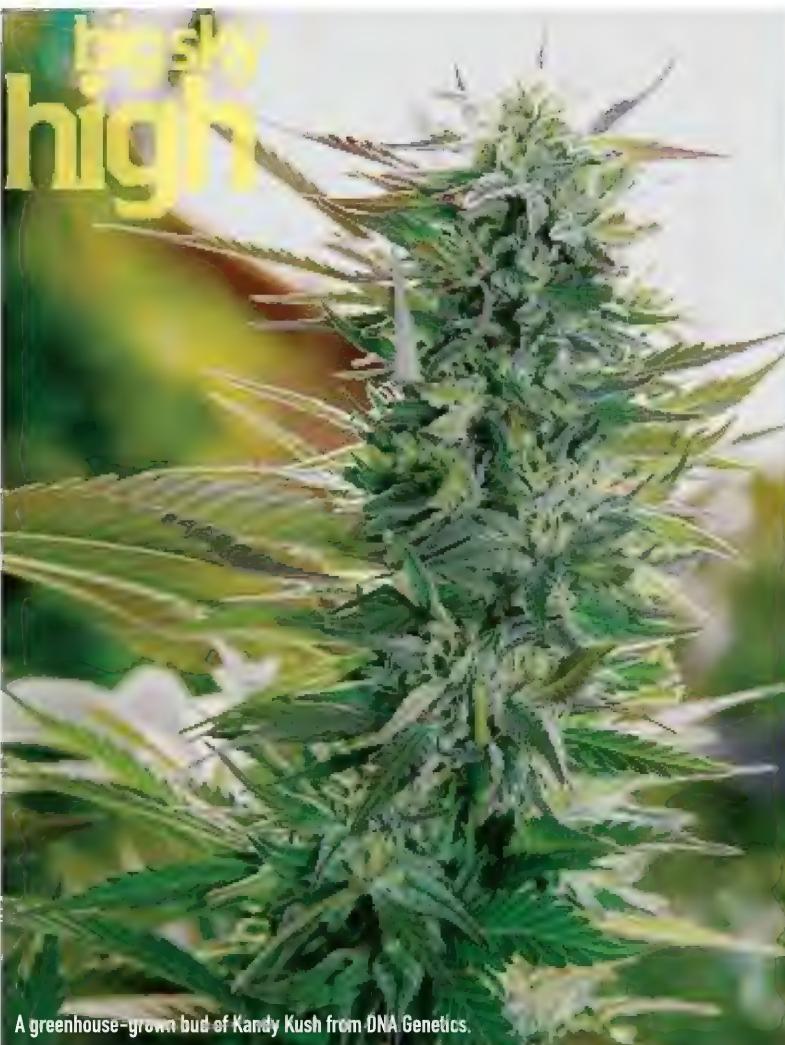
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A greenhouse-grown bud of Kandy Kush from DNA Genetics.

Now in its third year of business, Ray Rae's is run by that lanky wheat and alfalfa farmer we just encountered—he who chases antelope herds—along with his brother. With a patient list of 150 and growing, Ray Rae's has quickly become known throughout southwestern Montana as the top provider of high-quality medicine. Since the brothers offer 30 to 40 different strains of pot at any one time, it's no wonder that their patient numbers are on the rise.

Between the pot, alfalfa and wheat, their farm is a 365-day-a-year operation. As we drive across the open land back to his farmhouse, the farmer tells me: "Truthfully, none of our crops takes precedence over the others. We tend to all of them equally—I can be in the greenhouse one day, out in the fields the next. We run our own alfalfa-pellet mill right here; that's a big operation. Our hired hands work with farm equipment, but they trim plants, too. There's always something that needs taking care of."

The brothers are fourth-generation Montanans whose original family homestead (circa 1870) still stands—built before Montana even reached statehood. They confess that their affinity for pot was well known among their neighbors long before the state's medical-pot law was passed.

## 'Hired hands work with farm equipment, but they trim plants, too.'

"When you drive a harvester for hours, the best way to stay sane is to smoke," our farmer says. "The cab is air-conditioned and sealed up against the dust. When you stop, you open the door, jump down, and a cloud of pot smoke pours out. I remember one neighbor asking my dad if he thought it was a smart thing letting his sons drive \$200,000 machines while they're 'all high on that marijuana.' I remember my dad told him, 'Oh, yeah? They can farm circles around you.'"

He says that when he and his brother first became registered caregivers, the neighbors weren't especially pleased with their prominent new grow op, either. "But now," he adds, "most people realize that legal medical marijuana hasn't changed anything. People have come around."

Behind the family farmhouse sits a barn-sized Clear Span greenhouse brimming with plants. Outside, a cold wind whips across the fields at a steady clip, but the greenhouse temperature is controlled at a balmy



The Ray Rae's brothers original family homestead.

72 degrees. (Greenhouses aren't always adequate protection from the Montana elements, though: An early October cold snap saw temperatures rise no higher than 15°F for a week, while dipping well below zero at night. Buds nearest the greenhouse walls took a beating. The brothers also plant an additional 60 plants annually, guerrilla style, "just for shits and giggles"—but between deer, hail and windstorms, they're lucky to harvest 15.)

The greenhouse is rife with Cheese strains from Big Buddha Seeds; the patients who purchase their medicine from Ray Rae's report that strains like Big Buddha Cheese,

Cheesus, Blue Cheese, Bubble Cheese and G-Bomb offer demonstrable relief from their ailments. DNA strains are also prominent: Shark's Breath, Kandy Kush and LA Woman. Plus there's Great White Shark and K-Train from Green House Seeds, as well as Blue Venom from G-13 Labs and Cannatonic from the Resin Seed Company.

The Ray Rae's brothers are always experimenting with crosses, one of their most potent being Blue Widow, a Blueberry x White Widow. In fact, they're hard-pressed to come up with names for the new strains produced from Cheese x Cannatonic and Sour Diesel x Bubblegum.



Ray Rae's keeps their grow ops in perpetual harvest mode.



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Tending a massive greenhouse requires attention throughout Montana's changeable growing season.



Nitrogen-rich alfalfa pellets are produced on the farm.



Trimmers go to work on a Big Sky harvest.

These Montana farmers are firm believers in growing from seed in soil. The seeds don't go into the ground till June, and harvest takes place in late October. "Plant any earlier," I'm told, "and you'll be wrestling with 16-foot plants."

The secret for their superb pot may lie in the alfalfa pellets produced right here on the farm. They're rich in nitrogen—essential for healthy growth in leaves, roots and stems. The preparation of the soil entails auguring down six feet and then nourishing it with a blend of cow and chicken manure and these miraculous pellets. "It's a time-release thing," the farmer explains. "A lot of fertilizer gets sucked up by the plant right off the bat, but the alfalfa pellets nourish the soil for weeks."

The brothers prefer Roots organic soil, which works well with Montana dirt. All fertilizers are ended at six weeks; then, anywhere from four to six weeks before harvest, an "extreme flushing" process begins to purge the pot of the remaining chemicals.

All the same, a greenhouse operation is subject to the whims of the

weather. What do you do when the skies really are cloudy all day—darkly overcast for three days running? So Ray Rae's operates a substantial year-round indoor grow as well, using the exact same soil components as their greenhouse. Although they tried aeroponics for a while, with no real complaints, both brothers and patients agree: The yield, quality and taste of pot grown in soil is simply superior.

Here, Montana Sour Diesel (a cross of two Sour D's from Seattle and Arcata, CA)—along with Lavender from Soma Seeds, Blue Widow, Arjan's Super Lemon Haze, more Cheesus and LSD from Barney's—comprise only part of the gamut of strains being raised in Ray Rae's three-growroom operation.

This year, Ray Rae's will be opening a storefront; the brothers are still deciding on a town. Ray Rae's already serves patients in Bozeman, Helena, Missoula, Butte and Great Falls. However, the word "serve" here connotes quite a bit more than what other caregivers deliver.

First, Ray Rae's prices are unbelievably low: \$200 to \$300 per ounce, in sharp contrast to the prices of other caregivers in the region, who are charging anywhere from \$350 to \$550 per ounce.

Also, because the patients in need of medicine are often poor or unable to drive, caregiving at Ray Rae's entails delivering the medicine straight to their door. It's hardly uncommon for Ray Rae's staffers to drive a thousand miles per week serving patients.

"For some people, getting medicine can mean a three-hour drive. I just think that's unfair," our Montana farmer says. "We try to develop a special relationship with our patients. Some of them live in remote places, and they don't have a lot of contact with other people. When I show up, I always have a stash ready for smoking, and I bring a bong, vaporizer or pre-rolled joints—whatever their preference is. These people are my friends." \*



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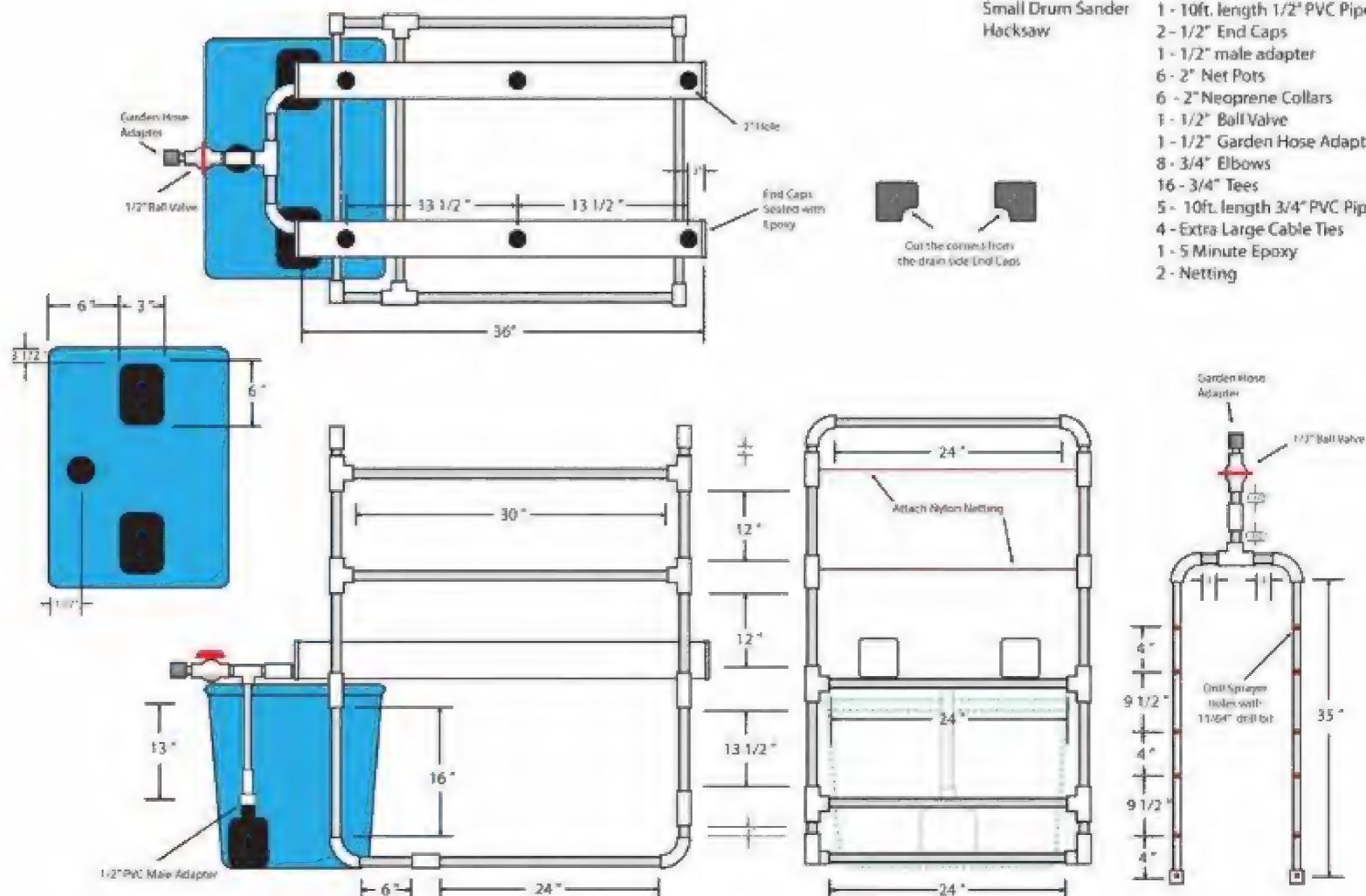
**Anyone can now grow their own medicine using aeroponics. It's as easy as baking a cake—and a lot more fun, too! If you follow these simple instructions, you can harvest a pound of buds from just six plants your very first time farming.**

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2 - 3"  
2 - 1 1/2"  
2 - 35"  
1 - 13 1/2"

**3/4" PVC Pipe Lengths:**  
8 - 24"  
4 - 30"  
2 - 6"  
2 - 13 1/2"  
8 - 12"  
2 - 16"  
6 - 2"

**Tools List:**  
Electric Drill  
11/64" Drill Bit  
2" Hole Saw  
PVC Pipe Glue  
PVC Pipe Cutter  
Exacto Knife  
Tape Measure  
Pliers  
Small Drum Sander  
Hacksaw

**Parts List:**  
1 - 18 Gal. Rubbermaid  
Ruffneck Container  
12 - EZ-Clone Sprayers  
1 - 396 GPH Pump  
1 - 72" x 4" PVC Fence Post  
4 - PVC Fence Post End Caps  
2 - 1/2" Tees  
2 - 1/2" Elbows  
1 - 10ft. length 1/2" PVC Pipe  
2 - 1/2" End Caps  
1 - 1/2" male adapter  
6 - 2" Net Pots  
6 - 2" Neoprene Collars  
1 - 1/2" Ball Valve  
1 - 1/2" Garden Hose Adapter  
8 - 3/4" Elbows  
16 - 3/4" Tees  
5 - 10ft. length 3/4" PVC Pipe  
4 - Extra Large Cable Ties  
1 - 5 Minute Epoxy  
2 - Netting



# Aeroponics for Stoners

Story & photos by StinkBud

## Spread the Love

I've seen with my own two eyes the medical benefits of marijuana. My mission started after losing my father and aunt to cancer. Those experiences really opened my eyes to the suffering not just of the victims, but also of the family members. For every person with cancer, there's a whole loving family also affected.

My problem is that I can only help so many people by myself; I'm limited to how much medicine I can grow. That's why I've decided to make my growing techniques available to everyone for free. Give a man a fish and you feed him for a day; teach a man to fish and he'll probably get lost at sea. That's why it's better to teach the man to grow—it's a lot safer. With my system, you will never have to buy medicine again. The only thing that I ask from you in return is to follow the StinkBud motto and "Spread the Love."

## Aeroponics Made Easy

So let me guess: You've heard all about aeroponics. Sure, everyone says the growth rates are amazing, but you have to be a genius to use it. Maybe you heard it was complicated and hard to set up, or that you have to be a chemist to make it work. Well, I'm here to tell you that everything has changed.

Before you can grow some plants, you need to build your system. It may seem daunting at first, but if you just follow my step-by-step guide, you'll have a killer system going in no time. Just try not to smoke too much pot while you're building it—but if you do decide to build your system while "herbally challenged," you might want to buy a couple of extra lengths of pipe (just in case).

The first thing you need to do is buy all the materials. I always recommend supporting your local hydro shop. If they don't carry what you need, ask them to—I'm sure they'll be more than happy to take your money. Try to work out a deal with them: Tell them you'll buy everything you need from them if they give you a discount; tell them you'll name your first child after their store. You might be surprised at how much money you can save—not to mention that you'll be helping the local economy.

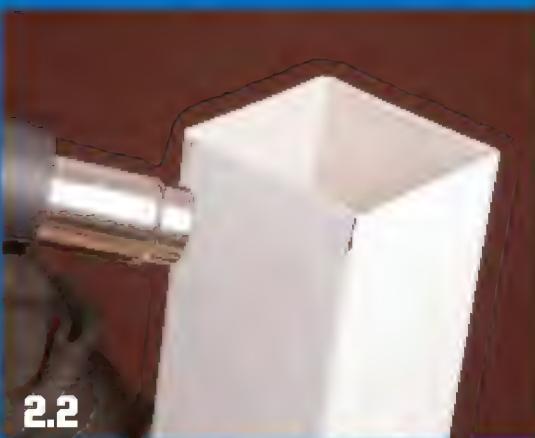
The pump, sprayers, net pots, collars, netting and nutrients can be purchased at a hydro store. The fence posts, PVC pipe and everything else can be found at your local hardware store. Once you have all the materials, it's time to start building the system.

## Step 1:

### Cut the PVC pipe to length.

1.1 Cut the following lengths of  $\frac{3}{4}$ -inch PVC pipe. These will be used to build the frame:

8 - 24"  
4 - 30"  
2 - 6"  
2 - 13-1/2"  
8 - 12"  
2 - 16"  
6 - 2"



1.2 Cut the following lengths of  $\frac{1}{2}$ -inch PVC pipe. These will be used to build the sprayer assembly:

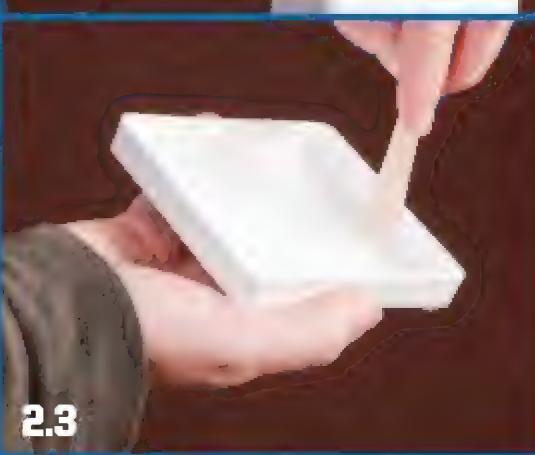
2 - 3"  
2 - 1-1/2"  
2 - 35"  
1 - 13-1/2"  
(I always like to count my fingers after I cut a bunch of pipe. You know, just in case.)



## Step 2:

### Cut and assemble the fence posts.

2.1 Cut the 72" fence post in half to 36". Measure the holes according to the plans. Cut the 2" holes using a hole saw attached to a drill. Clean up the holes using an Xacto knife.



2.2 Take your hacksaw and cut two small slits on the edge of the drain end. Take a hair dryer and heat up the bending point. Take a pair of pliers and bend the lip down. This will help the water drain into the reservoir better.



2.3 Take one of the end caps and put five-minute epoxy on the inside of the cap. Now slide the end cap onto the fence post. Run another bead of epoxy around the outside edges of the end cap. Be sure to let the epoxy harden.



2.4 Use acetone to clean all the epoxy off the rug and your clothes. Please don't take a bong hit with all those acetone fumes floating around. If you do, remember: Stop, drop and ... I always forget what comes after the "drop" part. They need to make the third word rhyme with *stop* and *drop* for us stoners. I don't know, something like "Stop, drop and flop .... "

2.5 Now take your other two end caps and use a Dremel tool to cut out a place for the sprayer assembly to go through. No need for glue on the drain end; Just set the end cap on the fence post and you're done.



### Step 3: Assemble the support frame.

3.1 Start by assembling each side of the frame according to the plans. Now join the two halves together using the 24" pieces. If the frame looks good, go ahead and glue everything together using PVC cement. Place the fence posts on the frame and secure them using large cable ties.

3.2 Run two layers of netting across the support frame and attach them to the frame using cable ties.



### Step 4: Assemble the sprayer wand.

4.1 Take the two 35" lengths of 1/2" PVC pipe and measure the sprayer holes according to the plans. Drill the sprayer holes using an 11/64" drill bit. Attach and glue the end caps to the sprayer pipes. Now glue the elbows to the sprayer pipes. Make sure you align the sprayer holes correctly with the elbows. You want the sprayers to be pointing up.

4.2 Attach the ball-valve assembly to the sprayer pipes according to the plans. Glue the 1/2" pump adapter to the 1-1/2" pump pipe. The adapter will screw into the top of an EcoPlus 396 pump. Remove the O-ring from one of the fittings that came with the pump and put it on the new 1/2" pump adapter. Don't glue the pump pipe to the valve assembly; you'll need to be able to remove the pump easily in the future.

4.3 Screw the EZ-Clone sprayers into the sprayer wand using a pair of pliers. No need to tap the holes; the sprayers will screw right in.

3.2

4.1

4.1

4.2

4.2

4.3

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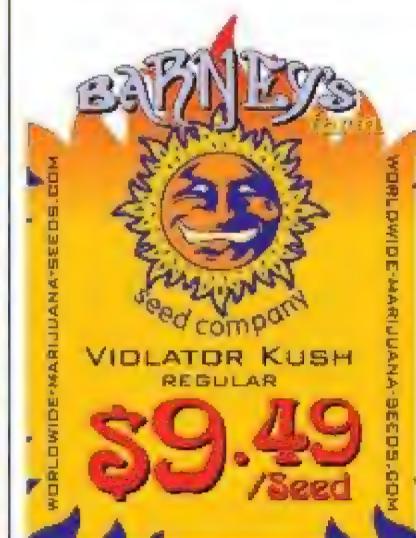
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## Step 5: Cut and assemble the reservoir.

5.1 Start by measuring and marking the lid according to the plans. Cut the holes using your 2" hole saw. Cut each corner of the large holes and then connect them using a utility knife. Remember, pot and knives don't mix well, so avoid hitting the bong until after you put the knife away.

5.2 After you cut the holes in the lid, clean them up using a drum sander on a hand drill. Make them nice and pretty! That's all there is to assembling the main sections. Now all you have to do is put it all together.



## Step 6: Assemble the final aeroponic unit.

6.1 Slide the sprayer assembly into the fence posts and put the end caps on.

6.2 Put the pump into the reservoir and screw in the 13-1/2" pump pipe. Place the lid on top with the pipe sticking out. Run the power cord through one of the holes in the lid.

6.3 Slide the reservoir under the frame and into the proper position. Attach the pump pipe to the ball-valve assembly.

There you go—you should now have a completely assembled aeroponic unit. See, I told you it was easy!



## Time to Grow

Now that you have your StinkBud Jr. assembled, it's time to fill 'er up! The first thing you need is good genetics: Without a good marijuana strain, your project will be doomed to failure. Do you want to end up with the Michael Jordan of buds, or some blue-skinned, banjo-playing dirtweed? It's all in the genes. Think about it.



Carefully place your clone into net pots.

You need a plant that grows well indoors under artificial light. This usually means finding a nice *indica* strain. As much as I love the high of a good *sativa*, I find they tend to grow too tall and take forever to finish. I grew some Skunk #11 that actually took longer than forever to finish—it was more like infinity + 1. [They should just put an infinity sign next to the harvest times of some *sativa* seeds!]

Your best bet is to find a good clone. Many medical-marijuana-friendly states have ways for growers to obtain clones. Some states, like California, have clones available at the local dispensaries. If you can't find a cutting, then your only option is to buy seeds. All states have plant-limit laws, so you're better off buying feminized seeds—that way, you're guaranteed to end up with a female and not waste any of your precious plant allotment on males.



The clone or seedling will spend its whole life in the system.





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#### Starting From Clones

If you're starting from clones, then you're stoked! All you need to do is put the 3-inch-tall clone in a net pot with a collar around the stem. Place the net pot into the StinkBud Jr. System and you're good to go. Make sure you spray the new clones for pests with neem oil before you put them in your system—it's always better to be safe than sorry. If you're starting from seed, there are a couple more steps involved.

#### Starting From Seed

First, soak the seeds overnight in a glass of water. Take them out and put them between some damp paper towels—try not to forget about the seeds and let them dry out (duh). Within a day or so, the seeds will pop roots. Take the seedlings and place them in Rapid Rooter plugs. Take the plugs and drop them into the net pots. Now put the net pots into your StinkBud Jr. System. Put an upside-down net pot over the seedlings to keep the water from spraying out.

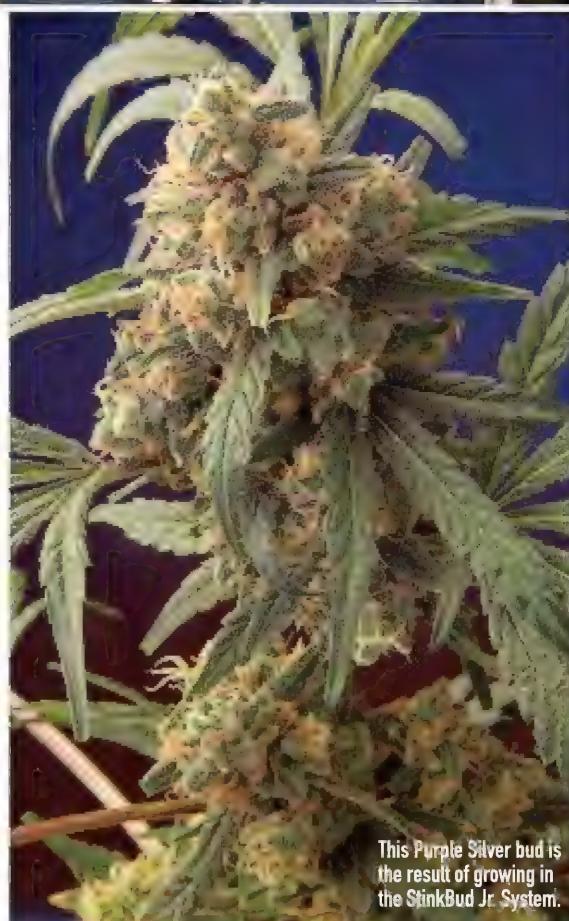
Within a few days, you'll see a taproot emerging from the bottom of the plug. Slowly and very carefully, break open the plug and remove the seedling. Take the seedling and slide it into a collar. Now place the collar into a net pot and put the seedling into the flowering system. Go ahead and start your nutrients at 1,500 ppm. At this stage, you want your light set to 18 hours on and six hours off.

#### Mixing the Poop Soup

Now it's time to mix up some food for your babies. The first batch we'll make will be the vegetative formula. This same mixture will carry the plants through the first two weeks of flowering. Here's the formula:

#### Botanicare Nutrients:

250 ml Cal-Mag Plus  
175 ml Liquid Karma  
550 ml Pure Blend Pro Grow



This Purple Silver bud is the result of growing in the StinkBud Jr. System.

Mix all of the nutrients together in a gallon jug and top off with water. Shake well! Always check your water first: If your local water is above 200 ppm, then you need to use a reverse-osmosis machine to clean it before use.

- 1) Add 15 gallons of water (approx.) to the reservoir.
- 2) Add the nutrient mix until the ppm meter reaches 1,500 ppm.
- 3) Adjust the pH to 5.8.
- 4) Set your cycle timer to one minute on and five minutes off.

#### Time to Flower

All it takes to start the process of making buds is setting your light to 12 hours on and 12 hours off. Within two weeks, you should see the flowers start to form. Now's the time to switch to the flowering nutrient formula; you will use this through the entire final stage.

#### Botanicare Nutrients:

250 ml Cal-Mag Plus  
175 ml Liquid Karma  
550 ml Pure Blend Pro Bloom  
175 ml Sweet

Mix everything together just like you did with the vegetative formula. Always shake the mixture well before you use it. Empty the reservoir and clean it out.

- 1) Add 15 gallons of water (approx.) to the reservoir.
- 2) Add the nutrient mix until the ppm meter reaches 1,700 ppm.
- 3) Adjust the pH to 5.8.

Watch your plants closely. If they stay light green, you may need to increase the nutrient dosage to 2,200 ppm. If the leaves start to curl down like a bird's claw, this means your nutrient solution is too high and you need to lower it. Once you have your strain dialed in, you will never have to mess with it again; just watch the numbers and keep them in check.

#### We're Getting Close!

Your plants will grow like crazy over the next two months. Toward the end of eight weeks, start checking the trichomes closely (those are the tiny crystals all over the buds and leaves). As soon as they start to turn amber in color, it's time to flush your plants. A small magnifying glass works great for checking your buds.

#### The Best Time Is Harvest Time

Everyone loves harvest time! Time to reap the rewards of all your hard work. Just kidding—what hard work? It doesn't get any easier than this! Chop the girls down and hang them upside down in a cool, dark room. Check on them daily. When the stems snap between your fingers, it's time to trim. Grab a bunch of your friends and put them to work. It's actually kind of fun—I like to rent a movie and have some munchies nearby. Just don't get a scary movie or someone could lose a finger!

#### The Family

Welcome to the StinkBud family! Being a StinkBuddy means more than just growing medicine for yourself; follow my instructions and, before long, you'll be able to help others in need. That's where the true joy of the StinkBud Jr. System comes in. Always remember our motto—"Spread the Love"—and be sure to visit the StinkBud family at [stinkbuddies.com](http://stinkbuddies.com). \*

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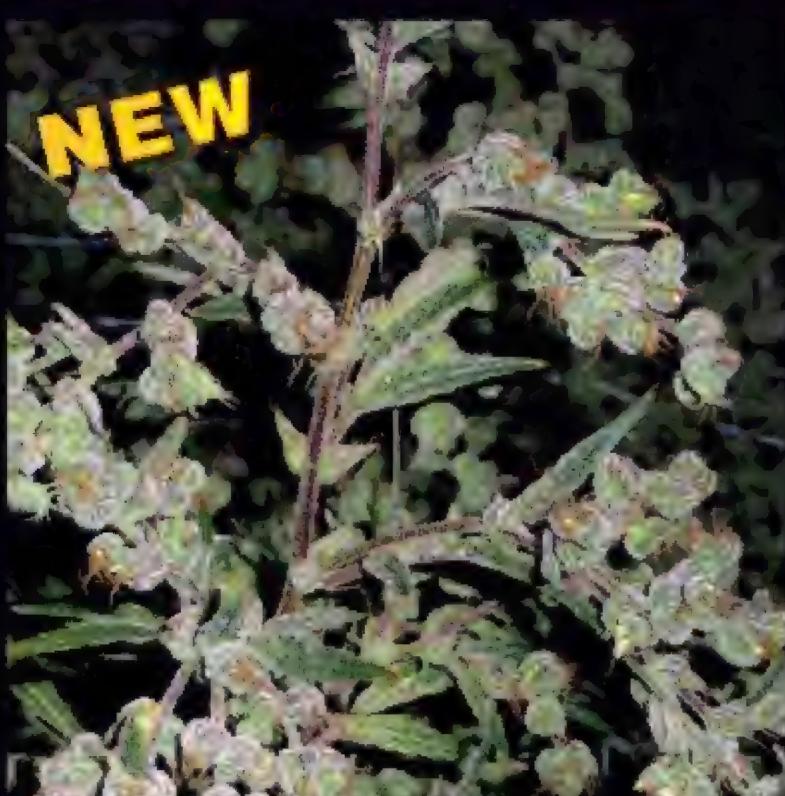


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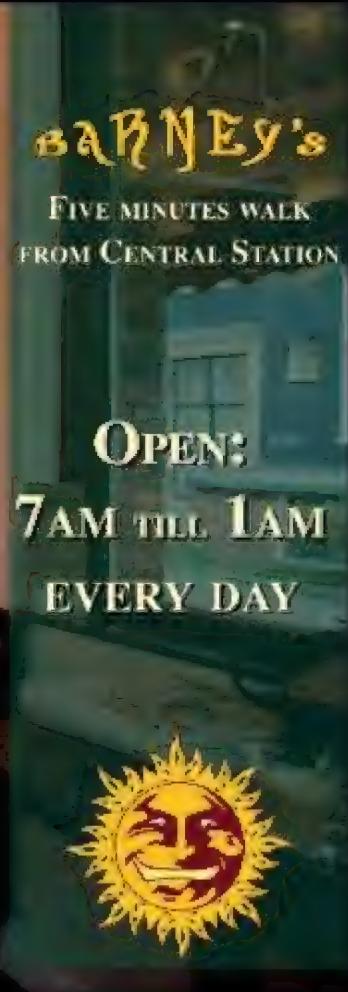
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# INSIDERS

Adventure at Amsterdam's annual pot party, the 22nd Cannabis Cup!

By Murphy Green



"I accidentally brought pot from New York!" one of my cannabis colleagues exclaims. "Crappy pot, too ... old, dry dust in a crumpled-up baggie I must have forgotten about in the bottom of my luggage."

Freshly arrived in Amsterdam, the HIGH TIMES staff takes a moment to relax and regroup at the Dolphins, a centrally located coffeeshop with free Wi-Fi and an underwater-themed decor. The 22nd Annual Cannabis Cup, still a few days away, will see the induction of Tom Forcade, HT's pot-trafficking founder, into the Counterculture Hall of Fame, and our conversation appropriately centers on this year's theme: the "Smuggler's Cup."

We're sipping tiny coffees, smoking the local herb and discussing our various smuggling faux pas, intentional or otherwise. "I once brought a tiny chunk of Strawberry Cough hash into Costa Rica between my toes," a member of the art department confesses. "But I'd never bring *anything* back into the States."

Since we all now work for a notorious drug magazine, and our names are probably listed in some secret government files somewhere, we're justifiably paranoid about moving illegal plant matter around the world. But plenty of other pot-lovers still do—some out of necessity, some for money, and some for the illicit thrill. In the heady tradition of Tom Forcade, many dedicated breeders and growers continue to risk their freedom to smuggle seeds, pot and hashish past the authorities—even here, in the

global center of cannabis freedom. One adrenaline junkie attending the Cup even plastic-wrapped live clones and concealed them in his luggage, facilitating the spread of New World genetics back in the Old.

"But why smuggle pot *into* Amsterdam?" you might ask. "Isn't that like bringing sand to the beach?" Well, not really—at least if you're a breeder or grower who wants to prove that your "sand" is the best in the world, including everything that's on offer in Amsterdam's famous coffeeshops. A couple of Californian judges, who traveled more than 7,000 miles to attend, even brought their most prized purple strain along with them, just in case they got homesick—an endeavor that brought the whole concept full circle, or (more appropriately) back to its roots.

Founded in 1988 by longtime HIGH TIMES editor in chief (and current creative director) Steven Hager, the Cannabis Cup began as an international homage to the '70s-era harvest festivals once held in Northern California. The Cup has since grown into the world's premiere marijuana event, drawing up to 3,000 judges from all over the globe to sample the wares of Amsterdam's competing coffeeshops and vote for the best cannabis and hash among them. The weeklong festival also includes a pot-industry trade show, daytime seminars, musical entertainment by some terrific bands and artists, and a separate contest for cannabis-seed providers worldwide, split into two categories (*indica* and *sativa*) and presided over by a select panel of expert judges.

# HUGGERS CUP



Carl and Vicki (middle), our newly engaged cannabis couple, flanked by HT Senior Cultivation Editor Danny Danko (left), and Expo MC Jet Baker (right).

## Cannabis Couples

Whether you're a part of "Marijuana Inc." or just an everyday head on the pot pilgrimage of a lifetime, you'll quickly discover that everyone at the Cannabis Cup not only loves pot, but potheads too. In fact, many "cannabis couples" have met and fallen in love while in Amsterdam. It's easy to introduce yourself to an enticing stranger here, since you already share something in common—a high-level appreciation of the herb.

Several HIGH TIMES staffers have formed committed relationships that started at the Cannabis Cup. In fact, my own partner is a co-worker, and our passionate affair began behind the registration booth four years ago, where we were thrown together working 10-hour days. Senior editor Bobby Black also met his match at the Cup, and this year he proposed to his girlfriend, Vegas Price, on a romantic canal cruise.

The most public example of reefer romance took place at the PowerZone, home to the world's biggest marijuana trade show and exposition. Conspiring in advance with Cannabis Cup MC Jet Baker, Carl Shaw, a first-time judge, got hold of a live microphone while standing in the center of the crowded convention floor. His girlfriend, Vicki—fully acclimated to the atmosphere in Amsterdam—at first looked highly confused. But when Carl dropped to one knee, she understood, and tears of joy started

flowing even before he had a chance to pop the question.

"This day will never be forgotten for both of us," Carl told us a few days later, as the happy couple prepared for the bitter-sweet journey home. "This has been a dream vacation!"

Science has apparently never tested the premise, but there's plenty of anecdotal evidence to support the common-sense notion that couples who share a love of cannabis stay together longer and have more satisfying relationships. After all, it isn't called the "peace pipe" for nothing, and who can stay mad when there's a jar full of Kush to help set the mood for reconciliation?

With plenty of parties, concerts and activities—all of it set in the midst of one of Europe's most romantic cities—the Cup's a perfect place for lovers. Even if you arrive solo, or with a few of your best "buds," you'll quickly find yourself sharing the love of great cannabis, and you'd better come prepared to add your own thoughts on the running debate over what exactly is the "best of the best" that Amsterdam has to offer. Judges purchasing an official Cannabis Cup pass get to vote for their favorites from among the cannabis and hashish entered by 29 different coffeeshops, ideally visiting each one (or at least sampling their goods in an informal session with fellow judges).



You can have your cannabis in any color, as long as it's green (or maybe purple).

## Return to the Temple

As a behind-the-scenes organizer and Temple Dragon Crew member, my return to the Cup this year was a happy one—last year, I was forced to remain stateside due to some legal issues, the terms of which didn't exactly allow me to leave the country for two weeks to indulge in nonstop cannabis smoking.

Happy to be back where I belong, my most important task at this year's Cup was assisting HT photographer Brian Jahn as he catalogued more than 100 distinct samples of pot and hash for posterity. Next, I helped code the entries to make sure the judges wouldn't be influenced by the real name of the strain or the breeder who had submitted it while making their decisions. Since I saw the samples prior to coding, I couldn't share my opinions with anyone doing the judging, which freed me up to silently observe everyone else as they sniffed, rolled and sampled their way through the jars.

So how exactly do you determine the "best in show" when evaluating nearly 30 kinds of cannabis? Every HT staffer has developed his or her own method, whether based on dog shows, tournament brackets, Olympics-style 1-to-10 scoring, or some more improvised method of elimina-

tion. And with the arrival of the Berkeley Patients Group, all of our best methods came face to face with the BPG's newly developed system for a more scientific cannabis evaluation.

A pioneering dispensary led by longtime medical-marijuana activist Debby Goldsberry, the Berkeley Patients Group has operated openly in California since 1999. After 10 years of providing safe access for thousands of medical-marijuana patients, the BPG has recently teamed up with scientist Victoria Garzouzi to design a bioassay sheet to help people evaluate cannabis using specific sense criteria. With this new system of "organoleptics," the dispensary hopes to train buyers to rate the quality of cannabis flowers more effectively than can be achieved with expensive laboratory testing.

The bioassay form tasks a cannabis tester with rating the taste, odor, appearance (trim, structure and resin), density (fluffy or dense), and dryness of a given cannabis sample on a scale of 1 to 6. Tastes and smells are also noted (as sweet, savory, salty, sour or bitter), and there's a descriptive section asking whether the medicine was uplifting or sedative. A graph section asks the patient to draw

a line indicating the strength of the medicine over time, and also to guess at the THC percentage.

The overflowing cornucopia of cannabis that is the Cannabis Cup proved to be the perfect place for the Berkeley Patients Group to test-drive their new forms under extreme conditions. Back home, they evaluate cannabis from hundreds of growers every year, rejecting over 50 percent of what they see. But this was the best pot in the world, and plenty of it, to be evaluated in only a few days, and the BPG members still had to find time to run their booth, host a seminar, see the city and hit a few of the parties, too. Needless to say, without such a scientific approach, things could have gotten a little confusing somewhere between the seed-company sativas and the imported hash.

As an example, when legendary Apple Records artist David Peel first arrived in the official HT testing temple and saw all those coded jars of lush, pungent nugs, he stared in disbelief for a moment before declaring, "I'm used to smoking Yippie dirtweed!" and digging right in. Sure enough (and true to his word), after an hour or so of random sampling, the stoner-songster was taking a nap, unaccustomed to such potent pot.

## GLOBAL GANJA GATHERING

Meanwhile, at the PowerZone, the pre-registration was up and running, and the earliest arrivals among the judges were picking up their passes, T-shirts, guidebooks and maps so they could get a jump-start on the coffeeshop crawl. Senior editor David Bienenstock, author of *The Official HIGH TIMES Pot Smoker's Handbook*, greeted many of those newly arrived and helped them to get oriented.

"I asked almost everyone where they were from, and was amazed to meet stoners from all over Europe, North America, South America, Central America, Asia, Russia, Alaska, Hawaii, the UK, and even a small group from Australia," Dave told me that night as we ate our communal staff dinner. "I love finding people who've just arrived straight from the airport, and it's their first time in Europe, and they haven't even been to a coffeeshop yet. I make sure to smoke them out on something really special and give them a little advice on how to make the most of their trip."

All around the world, this has been a huge year for the advance of marijuana freedom. No wonder we had more vendors and sponsors this year than ever before. By the time the PowerZone Expo opened, the massive space was filled with seed companies, bong and vaporizer manufacturers, cultivation-equipment suppliers, hemp-clothing companies and other representatives of the stoner-industrial complex, one of the few business sectors capable of thriving despite a down economy. In this sense, the Expo can also be viewed a potential job fair, or at least a great place to make contacts within the pot industry.



## Sativa Showdown

Opening night at the Melkweg drew a capacity crowd of judges, competitors, celebrities and special guests for the official opening ceremonies hosted by David Peel, followed by a performance from the Easy Star All-Stars, the laid-back reggae band best known for transforming songs by Pink Floyd, Radiohead and the Beatles into groovy, spaced-out jams. "Ganja is the healing of the Earth," lead singer Eliot Martin declared before drifting into the band's version of "Time" by Pink

Floyd. The All-Stars capped off the night with a dubbed-out encore of Radiohead's "Karma Police."

Now that the Cup had officially begun, the race was on to sample as much cannabis as possible before the voting closed in four days. Shuttles whisked the judges from the PowerZone to different shops around the city; many more would make the journey on foot or bicycle, crisscrossing Amsterdam to visit exotic-sounding shops like De Dampkring, De Tweede Kamer, De Rokerij, Katsu, Bij and many more. Ninety-six of the stoniest hours of their lives lay just ahead ....

For our select panel of expert judges, however, the fun and adventure of the Cup comes mixed with a heady sense of responsibility, since they're solely responsible for picking the winners from among the 27 *indicas* and 29 *sativas* entered by nearly 30 different seed companies representing Holland, Spain, Canada, the UK and the US. HIGH TIMES staffers were constantly on hand to coordinate and assist the judges in this daunting task, fetching grinders, papers, vaporizers, clean pipes, refreshments and hemp wicks for lighting all those bowls and bongs without butane.

The *indicas* were given code names drawn from vegetables, while the *sativas* were styled as different fruits. When presented with the jars, the judges ooh'd and ahh'd, cracking open the seals and sniffing samples of "Lime" and "Pineapple" while gazing in wonder at all those perfectly manicured buds. The resin glands from each sample were studied under the microscope, and those jars that looked and smelled best were lined up for special consideration.

Grinding the buds offered the best chance to

assess the bouquet. Then it was time to roll up, inhale and ponder the deeper questions: What makes this particular strain unique or different? How does it make you feel? Does it burn well, leaving a clean white ash? How does a vapor hit of the same sample taste?

After two solid days of testing, it was time for the final sativa showdown. At high noon, the BPG crew arrived at the Temple and, in a power session, narrowed the final seven contenders down to just three, code-named Mandarin, Persimmon and Date.

## Taster's Choice

Seven coffeeshops with the top pot in Amsterdam rated by our panel of expert potheads (in no particular order).



### Boerejongens

Located outside the city center, this shop and its new satellite, Bij, continue to tantalize pot palates with an extensive selection of premium-quality hash and herb. It's definitely worth a trip there to try the S5 Juice, a hairy, reddish strain with an uplifting high.



### The Dolphins

Located near the Leidseplein, this funky, undersea-themed shop was always well liked for its convenient location and late hours—but this year the weed became a reason to visit as well! White Dolphins sent a warm buzz throughout my whole body, and induced the kind of cottonmouth that was alleviated by a delicious fresh mint tea.



### Mellow Yellow

Established in 1967, Mellow Yellow is Amsterdam's oldest coffeeshop, but the staff has kept up with all the current trends in cannabis. Their S5 Haze sample was perfectly grown and recaptured the tasters' nostalgia for the '70s.



### 420 Café

This old-school, wood-paneled Dutch barroom has been converted into a cannabis café with a pool table in the back. It's only a few minutes from Central Station, so stop by and try their crystal-laden 420 Kush.



### De Kroon

Situated across the street from the 420 Café, this shop offers an excellent selection of hash from Morocco, Asia and Holland, plus a weed menu with many promising *indicas* and *sativas*. This year's entry, OG #18, was as good as any Kush in California.



### Ocean

Another newcomer to the Cup, this shop is located outside the city center, away from the touristy parts of town and in the midst of a real Dutch neighborhood. While they don't offer more than a few types of cannabis and hash, what they do have in stock is of exquisite quality. Taste the real-deal Silver Haze while you still can!



### De Tweede Kamer

A cozy and comfortable shop with an extensive menu, De Tweede Kamer consistently offers great cannabis, and this year's G-13 Amnesia tested extremely well among the expert pot panel.

## californicating at the cup

Back at the PowerZone, growers interested in furthering their cultivation skills lined up for a seminar featuring Erik from *Hydroponics Secrets* and Don and Aaron from DNA Genetics. Now among Amsterdam's top seed breeders, the DNA boys arrived not so long ago as refugees from the Drug War back in the States. But with all the freedom sprouting in Cali these days, Don and Aaron (the "D" and "A" in "DNA") can finally start to fantasize about their eventual return.

"We want to be back in LA," Aaron assured the seminar audience. "If you legalize, we'll be back in California, where we belong."

Those curious about the medical-marijuana scene in Cali stuck around for the Berkeley Patients Group seminar, which offered an in-depth look at the

Rick Simpson speaks about hemp medicine.



day-to-day realities of running one of the state's most highly regarded medical-marijuana organizations. By developing an integrated social model, the Berkeley Patients Group has won the support of the local community to such an extent that their 10th anniversary was dubbed "Berkeley Patients Day" by a unanimous vote of the City Council. After chronicling their challenges, setbacks and successes over the years, the BPG clearly communicated to their listeners that a victorious medical-marijuana movement depends on community involvement and political action. Beyond providing patient services such as counseling, yoga and massage, the BPG offers legal information, quality control, security and a culture that emphasizes knowing your civil rights.

Looking forward, the BPG spoke about how to apply their tactics to the legalization of cannabis for adult recreational use, as well as the importance of proving the safety of a whole-plant medicine. To this end, they created the Medical Cannabis Safety Council, which addresses issues related to packaging, nomenclature, contaminants and pesticides, creating a type of regulation system that parallels the FDA's. If marijuana

activists can establish these kinds of self-regulating organizations now, the wider society will eventually accept that successful systems already in place can maintain control over cannabis access and quality.

The day's seminars came to a close with Rick Simpson, who expounded on hemp and cannabis as the "rational answer to the problems of the human race" and railed against the Canadian and US governments, Monsanto and the pharmaceutical industry. Simpson asserted that "the cure for cancer has been known for years" and that the essential oil of the cannabis plant is the key to fighting this deadly disease. As our Freedom Fighter of the Year, Simpson exhorted all courageous, freedom-loving people to rebel against the corruption of a government that supports pharmaceutical companies as "drug dealers to the public," and championed instead a self-sustaining, do-it-yourself regimen of empirical healing (see interview on page 84).

A pyramid of import hash.



The BPG team.



**ALL THESE "IMPORTS"  
SHOULD INSTEAD BE CALLED  
"SMUGGLED," SINCE THEY  
ARRIVED CLANDESTINELY  
FROM EXOTIC LOCALES.**

Amsterdam's hash queen, Mila, holding a photo of her kiddie-pool sized isolator bag.



## DUDE, IT'S A HASH INTERLUDE ...

By day, the judges divide their time between the Expo, the coffeeshops and Amsterdam's many other attractions—but at night, everyone congregates at the Melkweg. On Monday night, Barney's Farm threw a huge party, flying in Gomez, an awesome UK indie-rock band, for a night of Vanilla Kush-fueled jamming. Up in the balcony, the entire HT crew reunited to swap war stories, while Gomez tore through their hits as well as songs from their latest album, *A New Tide*.

On Tuesday, after the *sativa* judging and before the *indica* round, we enjoyed a hash interlude. The imported hash was code-named after different kinds of rock, while Nederhash was named after various bodies of water. As we surveyed the Granite and Quartz and Antarctic and Mediterranean samples laid out on the table, it occurred to me that all these "imports" should instead be called "smuggled," since they arrived clandestinely from exotic locales in India, Kazakhstan, Morocco, Afghanistan and Nepal.

As if on cue, Mila—Amsterdam's resident hash expert and proprietor of the Pollinator Company—popped into the Temple to offer her well-informed thoughts on which fragrant resins were indeed the most sublime. After examining and smoking the Nederhash, she concluded that the Antarctic (Hemp Flower Concentrate), Indian (Royal Jelly) and Pacific (Strawberry Ice) were her favorites.

# FRESHNESS IS A VIRTUE

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## DANK SIDE OF THE MOON

Floating on a fragrant breeze of hashish, we returned to the Melkweg for a huge party thrown by the Green House to promote their Cup entry, Super Lemon Haze. Californian reggae-rockers Slightly Stoopid headlined the event, jamming through everything from mellow tunes appropriate for a relaxing 4:20 smoke-out to face-shredding punk anthems that made the crowd erupt into a grinding, whirling mosh pit.

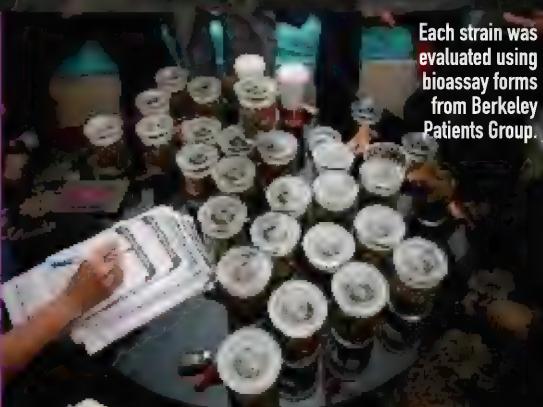
So how do you follow Slightly Stoopid at the Cannabis Cup? That question was answered the next day at the Expo, when TH Seeds continued their tradition of mind-blowing theatrical stunts. Inspired by this year's theme, TH Seeds chose the moon as their next smuggling destination, and put together a multimedia presentation to document the mission to launch their own strain into outer space, including a giant fake rocket



Which sativa will win the Cup?



Barrington Levy sings through a smoke cloud at the DNA Hotboxxx party



Each strain was evaluated using bioassay forms from Berkeley Patients Group.



Adam and Terry from TH Seeds prepare to launch.



Countdown to 4:20!

Dark Star vapor envelopes the Expo floor.

## AT 4:20, A THE ROCKET LAUNCH ANNIHILATED THE EXPO CROWD WITH PURE VAPOR.

Since we use an ingenious, simple and foolproof computer system to sort out the ballots in quick progression, we can avoid looking at the returns until the moment of truth, after the last vote has been counted. Only then could I reveal the secret codes and share my opinions with everyone else: "Eggplant was really Motivation from Paradise Seeds, and, wow, yeah, look at those crystals ...."

Then it came time for the closing ceremonies and the awards show at the Melkweg. Behind the scenes, tensions ran "high" as Vaparella and I ran through our final preparations for the stage show, making sure plaques, medals and Cups were all in place, filling out cards, and coaching presenters on how to pronounce the names of the winners.

that spewed tons of real cannabis vapor.

The launch was scheduled for 4:20 p.m. At the appointed hour, Adam and Terry from TH Seeds, clad in white Hoodlamb spacesuits, launched an LED-light-powered spacecraft that spewed THC from its tailpipe, annihilating the crowd with pure vapor from the company's Dark Star strain.

That night, Barrington Levy—flew in all the way from Jamaica—performed for the judges at DNA Genetics' Fourth Annual Hotboxxx Party. So many joints of Headband Kush were circulating that the entire venue looked like it had been set on fire. After roaring through a show composed of hits like "Too Experienced/Under Mi Sensi" and "Please Jah Jah/Black Roses," the reggae superstar retired to the backstage area to enjoy a big spliff of his own.

Back at the Temple, the *indicas* had been unleashed, and the expert judges prepared to tackle another round of cannabis testing. Once again, the microscope came out, the bioassay sheets were filled in, and the favorites slowly emerged. At high noon on Thursday, the judges convened for a final meeting on the *indica* strains, and the offerings were culled down to the three winners.



Miles from Slightly Stoopid and his Enjoy! jars packed with samples.

## VOTING DAY

Meanwhile, the PowerZone featured another day of cultivation seminars, including Derry from Barney's and HIGH TIMES' own Danny Danko. Plus, with the voting deadline fast approaching, a line of judges snaked across the Expo floor waiting to make their voices heard in what proved to be a hotly contested election.

I conducted a few exit interviews and discovered that most of the judges had made it to most of the coffeeshops, but only a hearty few had managed to run the gauntlet and visit all 29 listed in the guidebook. Still, every judge was irie and happy; especially since, after casting their ballot, they received a shiny "I Voted!" sticker, plus free magazines, rolling papers, hemp wicks and leftover nuggets from the Temple judging sessions.

Hit it and quit it!



Kyle from Slightly Stoopid assists us with judging.

Cannabis Cup winners 2009: Sativa Cup for Ceres Hilton

# The Harvestmen

released early 2010

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Cannabis Cup  
Amsterdam 2009

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## Winners Revealed

Of all the amazing and creative innovations showcased at the Expo, only three could hope to win the title of "Best New Product." Judges voted the *Strain Hunters: India Expedition DVD* from the Green House as their third-place favorite, with the Incredibowl taking second place, and the totally stonifying Vapor Swing selected as the winner, after the folks demonstrating it successfully stoned countless judges during the week.

Next came the seed-company awards. The code names were stripped away and the real identities of the *sativa*-competition winners were revealed. Third-place "Date" was a perfectly grown Purps from BC Bud Depot—deeply colored, with bright crystals and an amazing flavor. Second-place "Persimmon" was Super Lemon Haze from the Green House—yet another triumph for this popular strain. But first place went to a surprise entry code-named "Mandarin," a sticky specimen of incredible potency, with an uplifting buzz that made it the runaway favorite. We were all amazed to discover that it was Ceres Hilton from the Harvest Men, who had unfortunately been busted while smuggling their entry from the UK. Luckily, a second shipment of the strain had arrived in time—and we sincerely hope that winning a Cup makes any subsequent legal troubles worthwhile.

The *indica* contest was also infused with new blood that made the judging a surprise and a delight. All-Star Genetics, a newcomer from the Netherlands, won third place with Kushdee, while second place was snapped up by the excellent OG #18 from Reserva Privada. But first place, once again, went to another unheralded contender, Starbud from HortiLab, which arrived so heavily encrusted with crystals that it proved difficult to roll in a joint.

Next up was the coffeeshop hash. After Mila shared her personal favorites, she announced the winners in the import category: third place went to Amnesia, for their Azila hash, followed by a second-place medal to Barney's for the decadent Triple Zero, while Green House took the Cup again with a championship-level Rif Cream. Then it was time for the heavy-hitting Nederhash—some of these specimens cost up to 50 euros per gram, so you definitely want to know what's worth your cash. Judges voted third place to the Grey Area Crystal, an unpressed hash made of gland heads and stalks, and second place to Green House Ice; making a well-deserved first-place finish for the Nederhash Cup was Barney's Royal Jelly.

The afterparty featured a fashion show hosted by TH Seeds Hempworks.



IN THE IMMORTAL WORDS OF DAVID PEEL: "IF LIFE GIVES YOU LEMONS, SMOKE LEMON HAZE!"

Derry from Barney's accepts his Cup for best Nederhash.

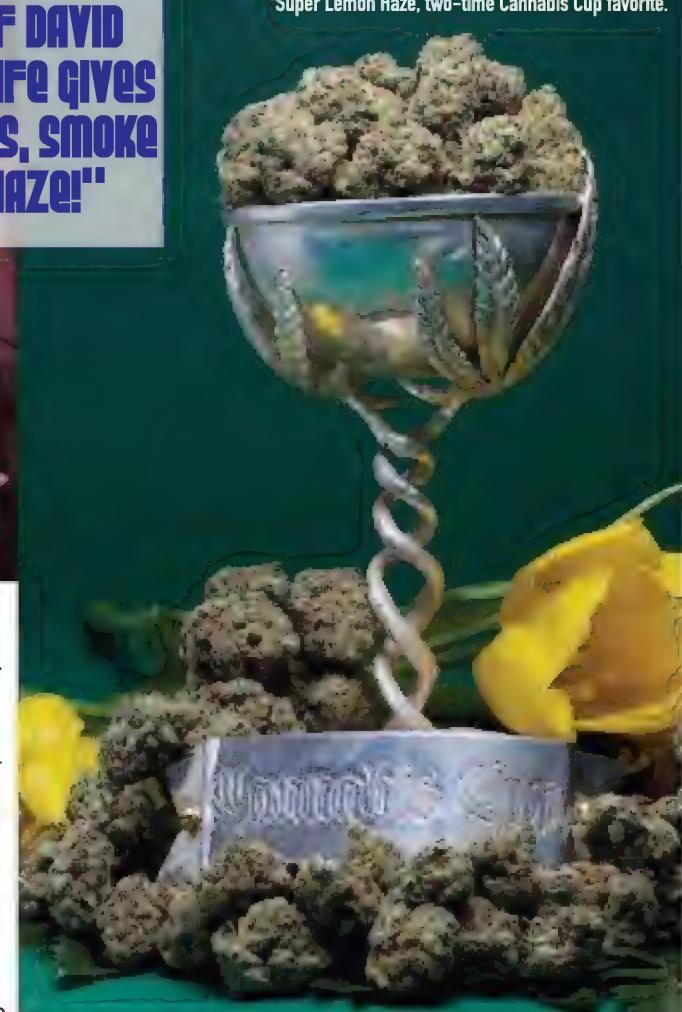
Now we were ready for the big announcement: Whose cannabis would reign supreme? Counterculture hero John Sinclair took the stage to introduce the winners, saying it was "quite an honor to announce the best weed in Amsterdam." Third place went to the Green Place, whose Headband Kush no doubt reminded many native Californians of the stash they'd left back home. Second place went to another Kush variety, this time Vanilla Kush from Barney's. But the 2009 Cannabis Cup went to the Green House, who won for the second year in a row with Super Lemon Haze, a feat that has occurred only once before in the Cup's history—back in '98 and '99, when Arjan won back-to-back Cups for Super Silver Haze.

Taking the stage, the jubilant King of Cannabis proclaimed, "We have won the War on Drugs!" Hopefully, the Customs officers waiting in airports from San Diego to Philadelphia will soon heed that declaration and cease shaking down pot-lovers in search of smuggled seeds and souvenir chunks of hash.

Tom Forcade left the world a valuable legacy when he gave us HIGH TIMES magazine, and we will continue to celebrate and support the counterculture he represented for another 35 years. Although we can't officially condone flaunting in-



Arjan and Franco from Green House, reveling in their "high" achievements.



ternational protocols, I'm happy to think about all the seeds that have doubtless been scattered around the world by Cup attendees, bringing pieces of Amsterdam back to Canada, Japan, Brazil, Italy, South Africa and the US, as well as all the new smugglers who have been inspired to subvert worldwide pot prohibition.

Every time you plant a seed, smoke a joint or harvest a plant, you contribute to a network of resistance, furthering the survival of cannabis in spite of official repression. In the immortal words of David Peel: "If life gives you lemons, smoke Lemon Haze!" The Cannabis Cup offers everyone a chance to become part of a special community—to feel a sense of love, belonging and camaraderie—and that's why I hope to see more people than ever at the 23rd Cup next year! \*

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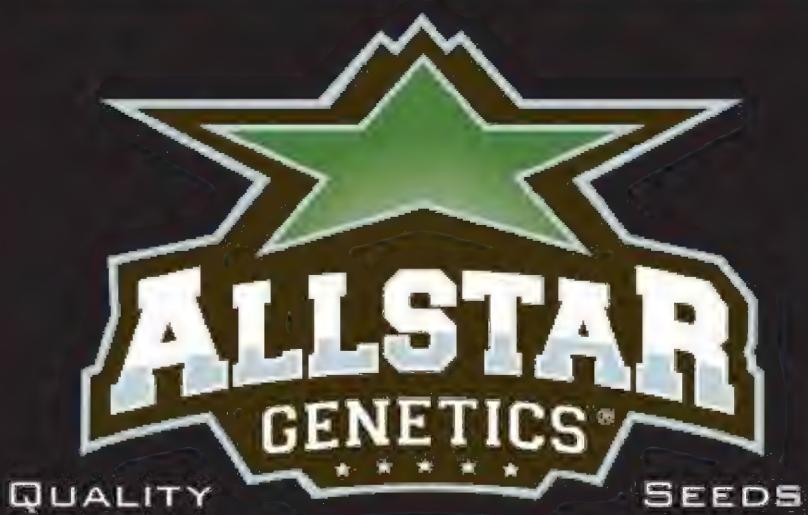


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# THE NUGGET LIST

THE 2009 CANNABIS CUP WINNERS BY NICO ESCONDIDO



## How It Works

Every year, the who's who of heavenly headies comes together from around the globe, meeting in Amsterdam—the Mecca of Pot—for the world's foremost cannabis competition.

Because of Amsterdam's relaxed attitude towards marijuana, the Cup can have several different layers of competition. The main event, known as *the Cannabis Cup*, is a contest among the cannabis entries from Amsterdam's most elite coffeeshops. Cannabis Cup judges—comprising anyone from the general public who purchases a judge's pass—visit each of these coffeeshops (individually, like a pub crawl) to purchase, smoke and then evaluate that shop's entry. At the end of the week, the judges return to the Cup's main convention hall to privately cast their votes. The winner is crowned as the Cannabis Cup champion.

Beyond the popular coffeeshops, Amsterdam also attracts a lot of excellent growers and breeders of cannabis. Because of this, many seed companies exist in or migrate toward this beautiful city, and so HIGH TIMES has incorporated specialized categories of competition geared specifically to these breeders and seed companies. The *Sativa* and *Indica* Cups are awarded to breeders who grow the best bud in each category. Only breeders with seed companies can enter these competitions, since the winning seeds must be readily available to the general public! Every year, a celebrity panel of judges is assembled to blind-test these entries and determine a winner. This panel is usually composed of experts in the cannabis industry as well as a mix of HIGH TIMES staffers (that think they are up to the challenge). Other celebrity judges include the likes of Tommy Chong, Redman and Ky-Mani Marley.

It should be noted that some coffeeshops also have their own seed companies and subsequently enter both or all three categories (not to mention the two hash categories). Thus, you will sometimes see a name or a strain that has garnered more than one award. Okay, got it? Then, without further ado: your 2009 Cannabis Cup Winners!

## 1st Place Cannabis Cup and 2nd Place Sativa Cup

*Super Lemon Haze*

Green House United Coffeeshop

& the Green House Seed Company (Amsterdam)

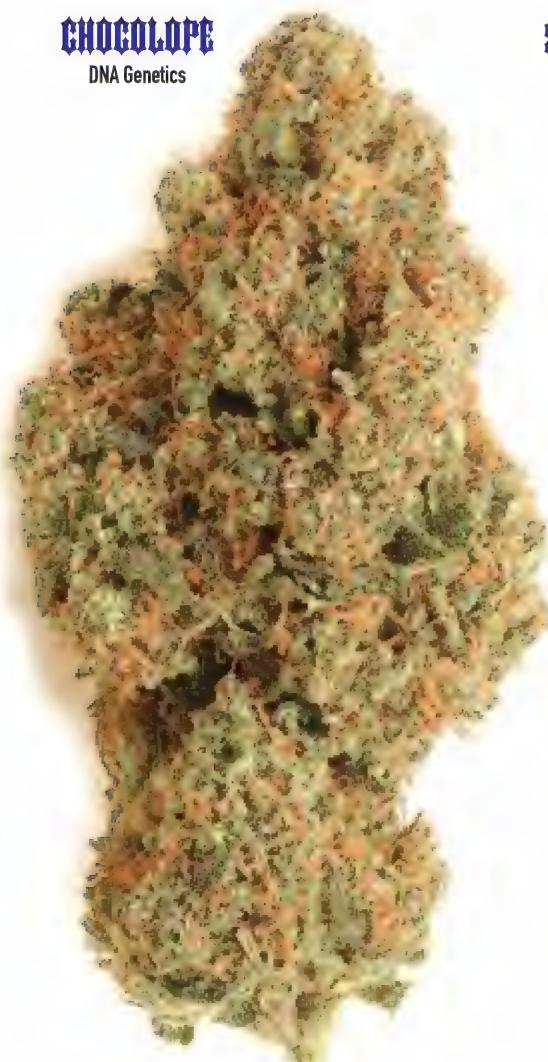
Winning two years in a row now (for a current total of seven overall first-place finishes), the Green House coffeeshop has done it again. Repeating its entry from last year's Cup to defend its title, the Green House's Super Lemon Haze is now a two-time Cannabis Cup champion. The only other strain to win two consecutive Cannabis Cups was Super Silver Haze—also from the Green House—in 1998 and '99 (the 11th and 12th Cups)!

As you might have guessed, the citrusy lemon flavor, combined with one of Amsterdam's best Hazes, provides not only an excellent taste but a very smooth finish, making it one of the most popular smokes at the Cup. Its nose is pungent and sweet, and its high, while not overpowering, is as clear and uplifting as a super-*sativa* should be.

Congrats once again to Arjan and his entire team at the Green House. Not only did the Super Lemon Haze take first place overall for best coffeeshop weed, but she also placed second in the even more competitive *Sativa* Cup (breeders' category).

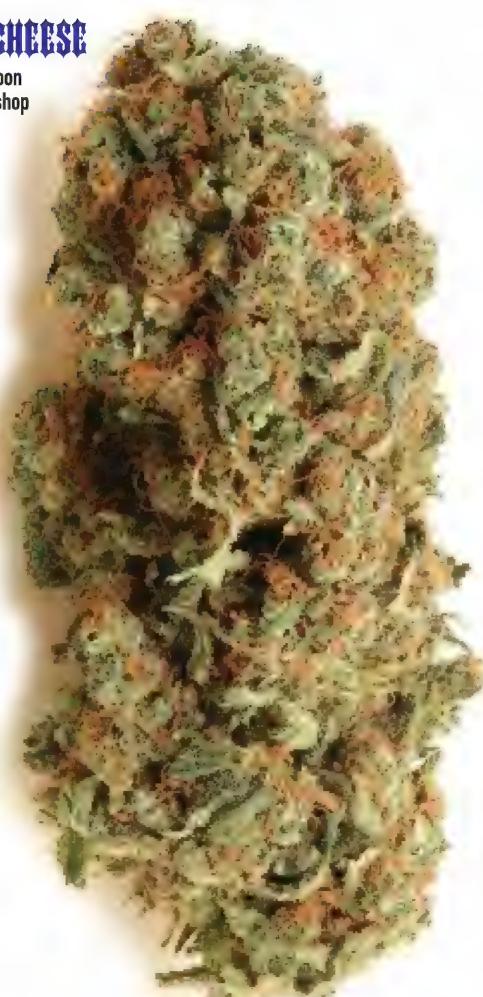
**CHOCOLOPE**

DNA Genetics



**SILVER CHEESE**

The Noon  
Coffeeshop



**BLACK**

BC Bud Depot



**TAHOE OG**

Cali Connection



**WRECKAGE**

TH Seeds



**DE LA HAZE**

Paradise Seeds

**PURPS**  
BC Bud Depot

**HEADBAND KUSH**  
Green Place

**22<sup>nd</sup> CANNABIS CUP WINNERS**

(Best Coffeeshop and Strain):

1. Super Lemon Haze from Green House United
2. Vanilla Kush from Barney's Farm
3. Headband Kush from Green Place

Seed Company – *Indicas*

1. Stardawd from Hortilab
2. OG #18 from Reserva Privada
3. Kushdee from Allstar Genetics

Seed Company – *Sativas*

1. Ceres Hilton from Harvest Men
2. Super Lemon Haze from Green House Seeds
3. The Purps from BC Bud Depot

**SUPER LEMON HAZE**  
Green House

**CERES HILTON**  
Harvest Men



#18  
Reserva Privada

SUPER LEMON HAZE  
Green House

STRANBUD  
Hortilab

KUSHDEE  
Alistar Genetics

VANILLA KUSH  
Barney's

**AZILA**

Amnesia



**RIF CREAM**

Green House



**TBSILA**

Bluebird



**TRIPLE ZERO**

Barney's



**GREY CRYSTAL**

Grey Area



**ROYAL JELLY**

Barney's



**TRIPLE-M**

Green Place



**ICE**

Green House



## 2nd Place Cannabis Cup

### *Vanilla Kush*

Barney's Farm Coffeeshop

It's always a seesaw battle between the big guys when the Judges come to town and this year was no different. Finishing in a close 2nd Place this year was Barney's Farm with their unique Vanilla Kush entry. It's a rare flavor to stumble across, but leave it to Derry, owner of the Barney's Farm chain of coffeeshops and restaurants, to make the most of it once it was discovered.

The top vote-getter of all coffeeshop indicas, the Vanilla Kush has a powerful stone and might even be described as a very medicinal herb, suitable for muscle ache and pain relief. Its bouquet is soft in smell and carries a very lady-like essence. The taste, of course, is superb – refined and relaxed – much like the atmosphere at any of Barney's establishments. Part of the fun of smoking this variety is trying to place the flavorful notes on the palate – from the dominant wild vanilla and lavender tastes to the lighter accents of rose petals, sorrel and orange peel, this Kush is a class act.

Barney's Farm, who always rolls out the green carpet of herb hospitality at each Cannabis Cup really treated judges this year with their dense nuggets of red and gold Vanilla Kush. Look for it to start sprouting up stateside in 2010 as it will be a sought-after line for years to come!

## 3rd Place Cannabis Cup

### *Headband Kush*

The Green Place Coffeeshop

Fast becoming one of the top coffeeshops in town, the Green Place has had two third-place finishes in as many years after joining the Cannabis Cup competition just last year. Going two for two against the biggest names in the game, such as Barney's Farm and the Green House, has brought a lot of attention to the Green Place and their bud menu.

After last year's immaculate Chocolope entry, the Green Place followed up with a beautiful Headband Kush entry in the 2009 Cannabis Cup. Using a roster of excellent local growers as well as superb genetics from Reserva Privada (DNA Genetics), this year's entry was a raw, Chem-smelling herb with a strong yet well-balanced high. Its aroma and outstanding taste immediately caught the attention of the judges.

Derived from genetics that originated stateside, Headband Kush comes from the Chem Dawg family and can best be described as a hybrid of the OG and Diesel lines. The dark green leaves dotting its dense nugs are trademarks of the original genetics. Adding even more appeal for the judges, this year's entry was extremely well trimmed and manicured. It should also be noted that choosing not to re-enter his winning Chocolope strain from last year shows a lot of guts and ambition on the part of Mo, the young entrepreneur and owner of the Green Place coffeeshop. Kudos to the Green Place yet again!

# THE PURPS

The Purps has the look AND the taste to compete every year. Oh yeah, the high's pretty damn good too.



## 1st Place Sativa Cup

### Ceres Hilton

The Harvest Men (UK)

Talk about a coming-out party—the Harvest Men, a newly launched seed company out of the UK, premiered their first strains at this year's Cannabis Cup ... and WON! Ceres Hilton, the first-place winner of the Sativa Cup in the breeders' category, took Amsterdam by surprise, giving the Harvest Men a very big win in their very first year.

Given their goal of "spreading great genetics all over the world at affordable prices," there's a lot to like about this up-and-coming seed company—not the least of which is their weed. The Ceres Hilton is a gorgeous, sweet-tasting herb that keeps you high for hours on end. With two exceptional parents, this lineage has serious potential. The mother is an Amnesia #1 female that came to England from Amsterdam and has been worked with over the last eight years. She was crossed with one of the powerhouses in the Harvest Men's genetic library—a male plant that is a hybrid of a pre-2000 Super Silver Haze (Cannabis Cup winner in both '98 and '99) and Jack Herer, a strain very similar to the SSH. This killer male has been used in several Harvest Men breeding projects before becoming the father of this year's top *sativa*, Ceres Hilton.

We here at HT are very excited—as are all Cup enthusiasts—about this year's onslaught of new seed companies entering (and winning) the competition. The Harvest Men's 2009 *indica* entry, the Prophecy, wasn't too shabby either and only heightens our interest in these new kids on the block. All in all, next year's playing field should be quite interesting with guys like these.

## 3rd Place Sativa Cup

### The Purps

BC Bud Depot (Canada)

You know the name and they've been here before, taking home a third-place finish in the *Sativa Cup* in 2007. And if you know anything about the Purps, you know that when this strain is done right, it's one of the best-tasting and best-looking buds out there. This year was no exception.

Coming out of Canada, the BC Bud Depot has been refining British Columbian genetics for years now, and the Purps is a fine example. A *sativa/indica* hybrid that originally began as a Mendocino in-bred line (IBL), the Purps was out-crossed and worked over for two years until the breeders at BC Bud Depot had stabilized the new pheno and created an herb comparable to their earlier God Bud (which won first place in the 2004 *Indica Cup*). But the new lineage they created came out slightly *sativa*-dominant (60/40), giving it a powerful high.

As always, the dense nugs have purple running rampant all over the bud, and the deep purple-grape taste lingers on the palate long after exhale. This year's entry burned smooth, keeping its flavor to the very end of the joint, and finished with a fine white ash—unmistakable evidence of a well-flushed crop. Once lit, the judges never put it down.

## 1st Place Indica Cup

### Starbud

HortiLab (Germany)

HortiLab—first year at the Cannabis Cup, first place in the *Indica Cup*. Exciting, to say the least, and impressive for sure! The young and talented HortiLab team hails from Germany and has been putting in diligent work with genetics from all over the world, waiting for just the right strain to present itself—and man, did it ever!

Starbud, a mystery strain to many, actually originated in the US: An accidental pollination in a Midwestern growroom resulted in the seeds from which this line was selected. Some guess that the lineage derives from the Chem Dawg family, due to its super-*indica* stone and the raw, dank reek that will open your sinuses the moment you smell it.

Judges at the Cup were immediately impressed with the Starbud's appearance: dark green leaves contrasting sharply with white, resinous trichomes and a few orange hairs. The taste has hashy overtures and a subtle sweetness to it. But it was the *indica*-heavy high that had everyone rolling a few extra joints for their late-night sessions. Plus the buds were exceptionally well manicured—adding bonus points to this professional product. We look forward to more from the guys at HortiLab and fully expect next year's entry to be even better.



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Big Buddha



**SIMPSON KUSH**  
Delta 9 Labs



**SOUR GRAPES**  
Apothecary



## 2nd Place Indica Cup

**OG #18**

Reserva Privada (Amsterdam)

Straight out of Cali and from the boys at DNA Genetics comes Amsterdam's finest OG yet, this time in the form of OG #18 from Reserva Privada—a DNA subsidiary comprising only their gourmet lines.

Two years ago, Reserva Privada took third place in the *Indica Cup* with their #18, an earlier version of this year's OG #18.

While the OG #18 is technically the same as that #18 of '07 vintage, it's been officially renamed, since it was selected from a batch of OG F-1's and then refeminized. It must have been an excellent selection, because this #18 has only gotten better, if that's possible.

While the OG #18 is a little more on the sour side than true California OG goes, this version yields twice as much! If there's anything changed in the taste, it's not a bad thing, as this bud was reminiscent of the old-school Dawg that spawned the early OG Kush and Sour Diesel lines. Anyone looking for seeds to replace these lineages in their growroom should consider this strain as a very attractive option, especially if growing in Europe.

## 3rd Place Indica Cup

**Kushdee**

Allstar Genetics (Amsterdam)

Another astonishing *indica* entry at this year's Cup, the Kushdee showcased the refreshing side of Kush, with its myriad possibilities of hybridization. Boasting a much sweeter taste than your OG's and Sour D's, this was definitely not your mother's Kush.

This Kushdee comes to us from Allstar Genetics, the seed-company affiliate of Stone's Café coffeeshop, who took home their first Cup in their very first Cannabis Cup appearance, winning third place in the *indica* category for breeders. [For those keeping score at home, that makes three out of nine winners this year who took home Cups with their first-ever entry!]

Bordering on the exotic, the flavor of Kushdee exudes a Super Silver Haze quality. This makes perfect sense, given that the stone is much lighter than your usual Kush/*indica* variety. The high is closer to 60/40—*indica*-dominant, but with a very cerebral feel. The taste also carries notes of Bubblegum, and the Kushdee has an excellent aftertaste. This entry was particularly pleasing to the eye and light in color, while the feel of the nugs was very dense. All in all, a gorgeous bouquet and an immediate favorite with the judges. \*

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The view of the Expo from above.



Step inside the skunkiest, smokiest trade show ever: five days of hazy, lazy travels through a breathtaking array of display booths to check out the latest in cannabis-related products. By Danny Danko

# CUP EXPO ROCKS THE POWER ZONE

The TN Seeds bear meets the Bio Bizz babes.



## Welcome to the PowerZone

The first thing you notice are the new signs posted everywhere in bars, nightclubs and coffeeshops throughout Amsterdam. Some say "Smoking Permitted, No Tobacco"; others, "No Smoking, Cannabis Only." They're an interesting reflection of the new anti-cigarette laws in Holland, but with an important and very Dutch provision allowing consumption of the herb, while curbing the smelly and disgusting practice of mixing buds with tobacco. I wondered what people back home would make of these signs. Would they have trouble wrapping their minds around this seeming contradiction, or would they see quite clearly that this is the inevitable future for us all in a world without pot prohibition?

With the sweet smell of sensimilla hanging in the air, the Cannabis Cup Expo offered booth after booth of exciting new products to the visiting day-pass buyers and judges alike—many of whom had arrived bleary-eyed straight from the airport, eagerly looking for a good time and a great high. Gift bags at the front desk included official HIGH TIMES Cannabis Cup T-shirts, maps and guidebooks to make sure the attendees knew where to find it all. From there, they were free to roam and wander the numerous displays, checking out the latest and greatest in weed wonders, as well as the excellent growing and political seminars.



Luc and his award-winning Paradise Seeds crew show off their green thumbs.



Soma's Sacred Seeds booth displays the master's many weedy wares.

Delta-9 Labs show off their tasty buds and hash to the judges.



### Planting Seeds

Quite a few of the booths touted cannabis seeds, of course, and all of the usual suspects were there. Perennial Cannabis Cup winners Green House Seeds and Barney's Farm represented mightily, getting judge after judge super-baked with giant vaporizer balloons filled with their signature strains (Super Lemon Haze and G-13/Haze, respectively). Both companies also displayed their clothing lines, with hats, shirts, bags and accessories featuring their iconic logos and strain names.

Stalwarts such as Sensi Seeds (Jack Herer), Paradise Seeds (Sensi Star) and Serious Seeds (Kali Mist) showed off their proven and potent genetics, giving the assembled judges a taste of why they've been around so long and why they're here to stay. It's reassuring to know that companies that started in the late '80s and early '90s are still growing strong.

The Soma Sacred Seeds booth was continuously packed with people vying for face time with the man himself—Soma the master bud breeder, who dispensed nugs and knowledge to many an acolyte. Pipes were filled with Soma's special homemade hash, and quite a few farmers stocked up on quality seeds for future crops.

The TH Seeds crew always goes all out for the Cup, and this year was no exception. Along with their bong-hit-challenge chair and their line of



Attitude Seeds with their souped-up prize motorbike.

**With the sweet smell of sensimilla hanging in the air, the Cannabis Cup Expo offered booth after booth of exciting new products to the visiting day-pass buyers and judges alike.**

Hemp Hoodlamb clothing and accessories, they debuted a rocket ship that had to be seen to be believed—assuming you could get close enough to see it through the massive cloud of ganja vapor it created when they fired it up.

Resin Seeds was on hand to show off their super-sticky strains, including award winners such as Cannatonic, with plenty of judges stumbling away from their booth red-eyed and high as the proverbial kite. I had a nice chat with Big Buddha, proprietor of Big Buddha Seeds from the UK, who was busy unveiling some very interesting new crosses, including his Cheesus, Bubble Cheese and G-Bomb (all now available in feminized seeds). It was just a short trip from there to the BC Bud Depot booth, where I had a chance to sample their award-winning Purps and their new, even darker-colored Black. Canadian genetics were also represented by the Next Generation Seed Company with their Bonkers and Dynamite, as well as the brand-new Van

City Seeds out of Vancouver (or "Vansterdam," as the locals now call it).

DNA Genetics always come packing Cali flavors, and this year's C-13 Haze, Cannadential, Cataract Kush and Chocolope did not disappoint. Don and Aaron had their whole crew working hard to ensure that every judge got thoroughly baked, and they even unveiled a new and improved cannabis-tincture spray from Golden Glow in their booth.

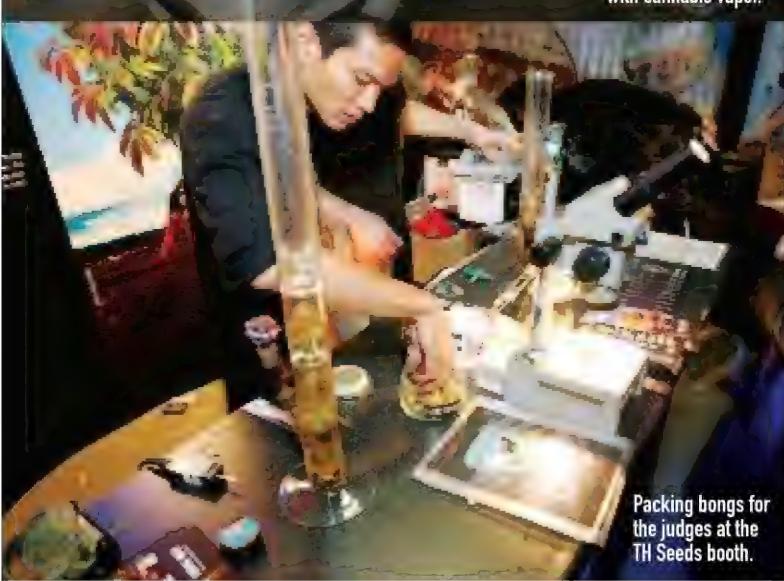
I got to taste some Brainstorm Haze and Cannasutra while catching up with Ed and Harry from Delta-9 Labs. They filled me in on their new focus on *sativa*-dominant strains, which will certainly complement their flagship line of *indica*-dominant Sensi Star hybrids. The Green Place coffeeshop also had a notable spot touting their many flavors, all well grown locally with pride. Their booth and shop are a welcome new arrival on the Dutch dank scene.

Newcomers from the US West Coast, the Cali Connection created quite a stir among aficionados and connoisseurs with their emphasis on real Kush strains reminiscent of the LA and San Diego scene. Attitude Seeds also caused a commotion (literally), revving up and giving away a tricked-out motorbike.

From Spain came Positronics, remastered to provide quality genetics to the Iberian peninsula, and Dinafem, one of the originators of feminized seeds there, as well as one of the very first companies to help jump-start the cannabis industry in Spain—and now beyond.



BC Northern Lights show off their latest grow boxes, complete with touch-screen technology.



The Vape Tent allowed judges to hot-box their surroundings with cannabis vapor.

Packing bongs for the judges at the TH Seeds booth.



Bongs displayed by Fiz.



The guys from Advanced Nutrients: Remo the Urban Grower, Curt, hydroponics expert Erik Biksa and friend.

already-ideal indoor-growing solutions by offering an even easier way to program their Producer, Bloom Box, Roommate and Nursery (the latest addition to their arsenal).

One of my favorite new products was the simple yet effective Digger, a unique innovation on the age-old one-hitter. Forget about not being able to get that last bit of bud out of your storage case—the Digger's blades chop up the nugs and force them into the bowl, deftly solving one big problem for stoners with this stealthy smoking device.

Yet another funny and interesting way to partake was offered by the Lolipipe, an actual edible and disposable smoking device that gives new meaning to the term "sticky buds." And Grassroots Inc. created the official embroidered HIGH TIMES Cannabis Cup hats, as well as a bunch of other hats and gear for hip heads.

The hash-making seminars at Fresh Headies were followed by epic hash-smoking sessions with Bubbleman himself. The ultimate new hash-making product, however, had to be Mila's new kiddy-pool-sized Isolator bags, which are rumored to create hash chunks the size of soccer balls! One perfect new way to consume all that gooey hashish is the Essential Vaaapp from Essential Herbal Technologies, who also debuted their Eclipse Water Vape, which adapts their system to any water pipe.

Ganja growers perused plant foods from Atami, Humate Supreme and industry giant Advanced Nutrients Europe, with their latest organic and hydroponic base nutes and supplements. All of these pot-farming products are sure to improve the quality and quantity of our harvests.

## New Pot Products

2009 featured many new toys and gifts for the grower who has everything. Consider this year's Product Cup winner: the Vapor Swing, a special bowl attachment specifically designed for smoking cannabis oils and extracts. Heat up the titanium plate until it glows, drip some hash on it, and inhale the vapor for an instant and supremely powerful high.

Second place went to the Incredibowl I420, a futuristic steamroller-type inhalation device that provides bud blasts that hit quick and smooth. Rounding out the winners in third place was the new *Strain Hunters* DVD from the Green House, chronicling Arjan and Franco's journeys in search of rare ganja genetics throughout the world.

Aside from these award winners, there were many other cool products on display, such as the Laserizor, which allows its users to fire up their bowl or bong using an actual laser instead of a flame produced from butane or other harmful gas. BC Northern Lights introduced new touch-screen technology for grow boxes, which actually improves upon their

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Judges search through the haze for their favorite products and booths.

Official Cannabis Cup hats from Grassroots California on display.



Jessica, Miss HIGH TIMES 2009, poses with an oversized nug poster from Resin Seeds.



The DNA crew worked nonstop to keep judges happy and high.

**We took the occasion to give thanks for the many wonderful cannabis companies and their loyal employees, who have worked so hard to make so many people happy and high.**



Breeders Tony and Derry of Barney's Farm.



Big Buddha shares samples of his Cheesus and Bubble Cheese with Cup attendees.



Atami show off their new Bloombastic nutrients.

#### Old Faves

Seeing the many new products is always great, but I was happy to spot some old favorites as well. The highly underrated De Verdamer Glass Vaporizer puts many other vaporization products to shame, producing a smooth and perfectly flavored marijuana mist every time. Plenty of judges were wowed by the simplicity and ease of use of this industry leader.

We don't like to travel anywhere without some Tightpac containers, which are the perfect storage device for all the buds and hash being offered up by companies eager to win favor with influential judges. Their new Bread Vac size holds more than enough nuggets for a long trip. Other great returning products included the unique, handmade and precision-crafted Chojiro Ceramic Pipes direct from Japan, where cannabis has made tremendous headway and will soon flourish even more.

At the Berkeley Patients Group booth, Debbie Goldsberry and crew were celebrating the tenth anniversary of their groundbreaking cannabis dispensary, whose nonprofit model leads the way in providing medicine to people in California, with an emphasis on patient wellness and a host of services such as free yoga, counseling and massage for the members of their collective.

And when it was all over, the folks from TH Seeds set up a makeshift Thanksgiving dinner and invited us to partake in some much-needed turkey, stuffing, gravy and cranberry sauce, followed by a slice of apple pie. We took the occasion to give thanks for the many wonderful cannabis companies and their loyal employees, who have worked so hard to make so many people happy and high. We at HIGH TIMES can't wait to see them—and you—again next year!



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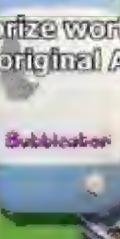
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After an article on Simpson was published in HIGH TIMES, his home in Canada was seized by the RCMP.

In the following interview, Mr. Simpson is expressing his own ideas and opinions; HIGH TIMES makes no representations as to the validity of his claims or the procedures he employs.

# MEDICINE

# MAN

The HIGH TIMES Interview with Rick Simpson by Pat Byrne ★ Photos by Sue Siri

**Is cannabis oil a cure-all? Rick Simpson thinks so. For the past seven years, Simpson has been growing cannabis in his backyard in Canada, making an essential oil and then providing it free of charge to cancer patients and others with a wide variety of ailments. Simpson was interviewed last November shortly after he arrived at the Cannabis Cup; an article on him had just been published in HIGH TIMES ("Rick Simpson's Hemp-Oil Medicine," Jan. '10), and he had recently finished a triumphant tour of Eastern Europe. After years of being ignored, Simpson was finally getting some attention.**

**Upon being escorted into the Cannabis Cup Temple, Simpson picked up the Freedom Fighter hat from the altar and softly said: "This hat should be given to Jack Herer. I guess they're going to give it to me this year, but it should go to Jack for a lifetime for what he's done." The passing of the Freedom Fighter hat has become the marijuana equivalent of the Nobel Prize, representing the greatest achievement in cannabis activism for the year. In 2009, this award went to Simpson. The day after this interview, Simpson's home in Canada was raided and seized by the Royal Canadian Mounted Police.**

**Who are you, and why are you at the Cannabis Cup?**  
My name is Rick Simpson. I live on Little Forks Road, just outside of Maccan, Nova Scotia. The reason I'm here is because about 35 years ago, I heard a report on the radio about THC killing cancer. Years later, I was injured in an industrial accident, with a head injury. I went down the chemical highway and, by the time 2001 come, I was basically a brain-dead zombie from all the chemicals.

But that report I'd heard about THC, the active ingredient in marijuana, had been found to cure cancer ... actually, in 1998, I'd seen a show called *The Nature of Things* with Dr. David Suzuki. It showed a lot of different patients who were smoking marijuana for their treatments, and it was helping them. After seeing the show, I went out and got some marijuana and smoked it. And it worked better than anything the doctors were giving me. But the problem was, they wouldn't give me a prescription. I asked them over and over: "I need a prescription." I didn't want to break the damn laws. But they wouldn't give me one. So by 2001, they basically just wrote me off: "There's nothing more we can do. We tried everything. You're on your own."

So they wouldn't give me a prescription—because, by that time, I had switched over to oil. In fact, I'd even asked my doctor about it. First thing, he denied the prescription again. So I just looked at him and said, "What would you think if I took that plant and made the essential oil from that plant and ingested it as opposed to smoking it?" And he said, "I think it would be more medicinal" ... but still, no prescription.

#### What happened next?

I went on the oil after I was done with the chemicals. In a few months, it brought me back. It detoxifies you. I lost weight. You start feeling a whole lot better. And everyone around me noticed it. But I'd always had these areas on my body, three of them, for 10 or 15 years. I had one near my eye, one on my cheek and one on my chest. I always called them barnacles, but I figured they were skin cancer. So I went into the doctor's office in late 2002, and he looked at them. And he said they looked like cancer. But the one next to my eye they were worried about, so they sent me in, and I had that surgically removed.

One week after the surgery, I took the bandage off. It was all infected—it was pretty ugly. So just as I was looking at it, that report from 35 years ago popped back into my head: "THC, the active ingredient in marijuana ...." Well, the oil I make is full of THC. And the horrifying part here is that I almost didn't do it. When I looked at the oil, I thought, "If this really worked, of course they'd do it." That's what you'd have to think. So I went down to the bathroom and put it on the other two areas. Four days later, pulled the bandages off—both areas, just pink skin, totally healed. Within seven weeks, the one they had surgically removed, it came right back. Anyone who's had basal-cell carcinoma, they know what it looks like. And they know what it feels like. Bumps up, bleeds a little, and it feels like you got splinters in your face. And same thing—one bandage, four days later ... that'll be seven years ago in February. I've never

treated them since. So nobody can tell me this stuff don't cure cancer.

But see, at the time, I went to my doctor's office right afterwards and I got the pathology report. Stated right there: basal-cell carcinoma. That's skin cancer. But when I was in the doctor's office, I told his wife, who was the receptionist—I said, "I'd like to get back to the doctor and talk about something I'm working on." And she said, "Well, what's this about?" "Well, those cancers I had. The other two, I was supposed to go in and have them removed. And the one that they surgically removed, it grew right back." And I said, "I cured them all with hemp oil." The minute I said "hemp oil," she just went rigid. "The doctor will not go there! The doctor will not prescribe that!" And I was standing in the waiting room with five or six other people, and this woman is acting like a lunatic. I got into my truck that day, and I was driving home and I thought, "What's going on here? I'm telling my doctor that I cured my cancer with hemp oil, and they don't want to hear nothing about this?" Thus begun my strange journey down life's highway.

#### Did you contact the health authorities?

I went to every political party in Canada, including two federal ministers of health. Both of them were contacted extensively. I went to Dr. David Suzuki himself—*W5*, *Marketplace*, *The Fifth Estate* [three prominent news programs in Canada]. Canadian Cancer Society. We even went to the United Nations! Nobody would lift a finger. Nobody would even come look at the evidence. So I just continued on doing what I was doing. But I did it in such an open way—I wasn't trying to hide this. I was growing the plants and producing the medicine and giving it away. So I treated hundreds and hundreds and hundreds of people for nothing. Or actually thousands, I guess. But with the raids in 2005 and 2006, that really threw a crimp into things—because by 2005, I would have had enough to treat between 400 to 500 terminal patients from my backyard that I was going to give away. And it was the same thing in 2006.

#### What happened that you couldn't treat the patients?

Well, the Mounties come in and raided me in 2005.



Rick (left) meets with a group of patients in his kitchen in Nova Scotia.



**'The truth is, everybody in the world should be using this oil. Every man, woman and child should be taking that medicine every day....And then diseases like diabetes and MS and cancer and a whole array of other diseases could be prevented entirely.'**

I went in and I gave them a videotape in May of 2005 of the meetings we'd had at the Maccan Legion. And there's cancer patients on it and everything. And I also asked that a few local politicians be charged with criminal negligence resulting in death because they wouldn't investigate this. And I asked the RCMP for everything that they confiscated so I could make more medicine for people. And three months later, the same detachment came and raided me. Pack of crooks, the whole bunch of them—just government thugs, really. But the thinking has changed over the times. I've gone through court cases and all the rest of it, but I have a lot of public support. People are starting to come in behind me. It makes it very difficult for the system to deal with me now, because I've got support worldwide.

But I'd given up hope. News media? I thought somebody out there had to be honest. I mean, I went to them *all*. I ran in two federal elections in Canada against the local member of Parliament on this issue. When they let me speak, the audiences just sat there with their mouths open. But nobody said a word. Nobody came at me. Nobody questioned me. They couldn't believe what I was saying, but there was nobody coming back at me. So it was a really weird trip, believe me. But then I started realizing just how asleep people really are. And it takes a real jolt to wake a lot of people up. But since we put "Run From the Cure" out there, I think that video might have saved me from going to jail.

#### Tell me a little about the video, like when it started and when it got posted?

Well, we put out "Run From the Cure" on the 25th or 26th of January 2008, so it's going on almost two years now. A young man in Amherst, Nova Scotia, named Christian Laurette, he produced it.

We worked on it together. Even he, when he came down to meet me, he didn't believe it. He was suffering from scoliosis, a bad spinal problem. After he sat there the whole day and watched all these patients go through, at the end of the day, he looked at me and said, "This can't be true!" I looked at him and said, "Christian, shut off your brain and believe what your eyes are telling you."

But all day long, I'd seen him keep moving in his chair. And I could see the pain on his face. And just then he moved, and I seen the pain again. And I looked at him and I said, "What's the matter with you, kid?" And he said, "Well, I got scoliosis." And I said, "What does the medical system say?" In 1999, they wanted to do an operation on my back, but they'd only give me a 50-50 chance of walking again. So I live with the pain." Now, this guy was only 29 years old at the time. So he looks at me and says, "What would this oil do for this?" 'Course, me, I said, "Fix it." If I had taken a black marker and wrote "disbelief" all over his face, it couldn't have been more plain. But I gave him one tube of oil. About a week later, I was in a shopping mall in Amherst. He come up to me and said, "Rick, five hours from the time I took that oil, I haven't had a pain in my back since. This is unbelievable!"

So he came out to the house about a week later—it was funny, he comes *roaring* in. He's a big guy anyway, and he come through the door like that, with his hands on his hips, and he looks at me and says, "Are you telling me you can cure scoliosis?" And I just looked at him and laughed. I said, "No, Christian, I never said that." I said, "Look, you've lived with a back condition all your life that doesn't allow you to do the things that ordinary people do. So therefore, you have no muscle structure in your back to hold yourself up. When you take the oil, it will kill some pain, it will do some

healing, but most important, it's going to allow you to build these muscles up." And that's exactly what he did, and today he can go without the oil.

#### Did he drink the oil or rub it on his back?

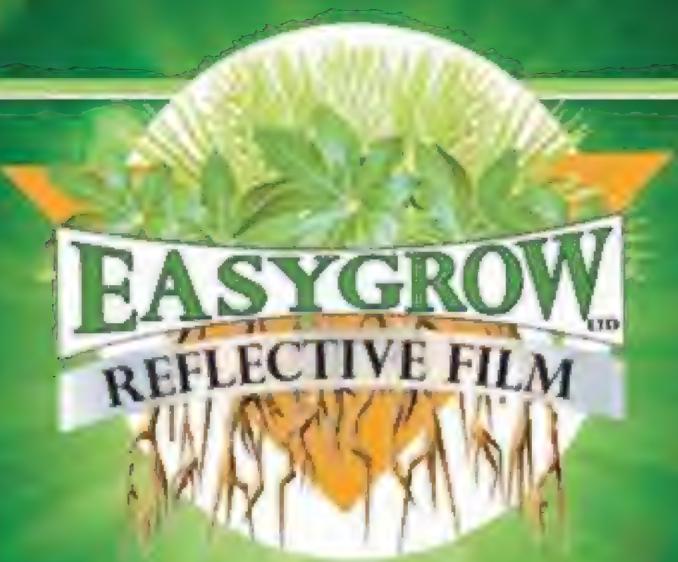
No, you eat it. You can use it topically for open wounds or skin conditions, moles, warts ... I just take the oil, put it on my finger, scrape it off on my teeth. It's like a thick grease anyway. Then I just take a cold drink of water and flip it off my teeth and it goes down like a pill. The truth is, everybody in the world should be using this oil. Every man, woman and child should be taking that medicine every day. When I was a kid, it was cod-liver-oil capsules. Well, with the mercury that's in the cod these days, I think we'd be better off if we just took hempseed-oil capsules, then put in a small amount of THC—and even school children, give it to them. And then diseases like diabetes and MS and cancer and a whole array of other diseases could be prevented entirely.

But what happens is that, if we have somebody with terminal cancer ... and most of the people that come to me are stage four; they've been chemo'd, they've been radiated—you know, "Go home and die." Those are the people that, nine times out of 10, show up at my door. First thing I tell them is, "Educate yourself." Big money has controlled the damn system forever. They've known how to cure cancer since about 1850. The governments have gone along with the big money to keep it from the public, so they could fill their damn pockets. And, of course, the government runs the legal system, the medical system, and all those other systems that give us nothing but shit .... "So eat your chemicals and die, while we deny the most medicinal plant in the world that makes the most wonderful medicine on the planet. We deny that to you. But enjoy your chemicals." Well, thank you. I appreciate that.

#### So these people that come to you with stage-four cancer, are they cured after this?

A lot of it depends on the people themselves, if they follow the protocols properly. The odd one comes that has had no radiation or chemo, but their cancer is extensive, so the medical system says, "Go home and die. We'll put you on palliative care." Now people like that, unless they wait until the day before they are going to die, nine times out of 10, we cure them—and the ones that come badly damaged with chemo, around 70, 75 percent. If they take the protocols properly—take the damn oil—about 75 percent can be saved. But there is 25 percent that has been so badly damaged ....

And we've had this happen: They've been taken right into the medical system, and the medical system has said they're cancer-free. We cured their cancer. There is no question. But if you've got extensive damage from chemo and radiation, if you've gone through that route, take more oil—'cause you got to undo all that damage. And if you don't really pound the oil into you, what happens? The damage through the chemo comes back and kills you. But it's not the cancer. You don't have cancer anymore.



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Simpson mixes  
a batch of oil on  
his porch.

Do you also recommend a proper diet?

Oh, yeah. First thing I say: raw fruits and vegetables. Juicing machines. Massive doses of vitamin C, mega-doses. Raw honey—stay away from sugar. Steer clear of sugar and milk. The only thing I still eat is eggs, for the protein. But I've had people who've had good results with a substance called wheatgrass. I recommend that to people. Three or four people with cancer told me they had good results with it. When it's natural, I think it's not a bad thing to pass along. And something else I tell everybody: eat the seeds of two apples every day. And that's something I've been doing myself for years. It's a good dose of B-17—also known as laetrile. And laetrile in its own right has a good track record with cancer.

But to be brutally honest, most people that come to me? They don't do what I say. They take the oil, and the oil cures them. They didn't change their diets in most cases. And the same thing with lung-cancer patients. When they come to me, I tell them: ingest the oil and use a vaporizer. But it seems a lot of people don't like vaporizers. So I've had all kinds of lung-cancer patients come. Wouldn't use the vaporizer, but their lung cancer was cured just from ingesting it. Because we're literally flooding the body. You see, the medical system, if it was any damn good—for decades, with their rats and their guinea pigs and laboratories, they've been giving these animals cancer, let it develop, and then shoot it full of THC. Little inoculations. That kills the cancer. But they just can't make the leap to a human, can they?! Now what the hell would a dying man or woman have to lose? But the medical system can't go there?

I wish I could inoculate tumors—that would certainly be a whole lot more effective than the way I do it.

But the only thing I can tell people is to literally flood their body. And the standard cancer treatment is 60 grams as fast as you can take it, and it usually takes the average person about 90 days to ingest the 60 grams of high-grade oil. But I have seen people, I've had three or four people, who have done the whole 60-gram treatment in 30 days and cured their terminal cancer in 30 days. The faster you get it in, the faster you're cured.

**That's stage four?**

Yes. I was in the Czech Republic for about three weeks. About three weeks ago, I got back home. And when I was there, there was a seven-year-old girl dying of terminal leukemia. She was on her deathbed. And we made the oil while we were there, and I started giving her the oil. And we just got an email, four or five days ago, and she is now cancer-free.

**My God, that's insane!**

That's our system! A woman with ovarian cancer came to see me. She said, "You'll never guess who sent me." I said, "Would it be your doctor?" She said, "No, but I know a doctor that sends people to you." Yeah, there is one. She says, "Two of my friends are narcotic officers—they told me I should come see you." And I was on the radio in June, in the Maritimes in Canada, and it was a big, top radio show, and they asked me, "What do you do?" I said, "I'm growing in my backyard." And I told everybody in the Maritimes I was growing it again. Not one cop came near me this year. They all stayed away. So it's like they want the cure too. But the way they're looking at this, they should be marching with us. They are working for the bad guys. It's the same with the military, because they got the military involved looking for the pot crops now.

I'm just an ordinary man. I never wanted to get famous or anything. As

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a matter of fact, when I first started doing this, I sent all my information to Dr. David Suzuki. He's a respected researcher in Canada. And I wanted him to do something about this and bring it out, because who's going to believe me? But in the end, I go to everybody that should do something and nobody will. So it falls back on me to put up or shut up. So I took on the system, and I damn well don't regret it. And that's the reason I'm in Amsterdam.

### So you live here?

No, I live in Nova Scotia—but I'm so disgusted with Canada, I could leave it at any time. The first country that says okay, I'm going to be there. And then I'm going to spread this thing all over the damn world. I want Phoenix Tears in every country in the world distributing the medicine just the way I say. And then we have hope.

It rejuvenates your vital organs. We had people's kidney functions go right back up to normal—liver functions, lung functions. I had a group of people around me about four or five years ago—I was learning all of this, so I was sitting there and looking at them, and I said, "Tell me something, are you aging? When you're taking big doses of that oil, are you aging?" And they looked at me. Rejuvenates vital organs. As we age, our vital organs deteriorate—and in the end, you die. But when you take something that's rejuvenating ... and on top of that, my mother has pictures of me when I was 45 years old. I look younger today than I did then. And I've been eating that oil for eight years. Young people like you, eating that oil right now, you might look the same for a very, very long time. You might even look better!

### How much a day?

In my case, I like to take about a third of a gram a day. If you're growing it yourself, if you want to take a drop or two a day, or half a gram or even a gram a day, once you're used to the oil, you can drive your car. People don't know if you're taking it. I can be full of the stuff and you can't tell. So take as much as you want. But I think the more you take, the longer you're going to live. It's that simple.

But just small doses—tiny little mini-doses. 'Cause it builds up in your system. That's the reason the cops know after 30 days that you smoked a joint. Well, it's the same thing when you take the oil: The THC builds up in the system. And continues to always be there to boost the



**'My mother has pictures of me when I was 45 years old. I look younger today than I did then. And I've been eating that oil for eight years.'**

immune system. You see all this flu-virus nonsense going around—the greatest flu fighter in the world. Take the oil; that'll take care of the flu. I've treated a lot of people with flu. But anybody who takes that flu shot—you might have just killed yourself.

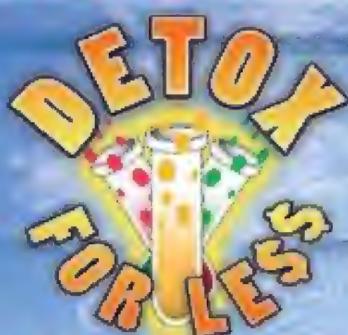
And the trouble is, it's us—we sat there and watched these idiots take our rights. Our freedoms. We see them do all this corruption, and nobody says a damn word. We just sit there and take it like a bunch of idiots. It's our fault. The old saying is that when you stop fighting for freedom, you lose it. You have to fight for freedom every damn day! 'Cause there's always somebody out there trying to get the corruption going ... take your freedom away so he can make a profit. I mean, we got to take the world back. This world could be a wonderful place if it was run right! But it's all run on damn money! Take the money out of it. Put the people back on the land. Give them this wonderful plant. Now you got something to look forward to. \*

Simpson, over the course of many years, has been imploring every political, medical and scientific authority he can get in touch with to just look at the results he says he's getting, including the testimony and medical records of the people he's helped, many of whom are apparently ready and willing to support his claims. Therefore HIGH TIMES, while recognizing the concern that medical experts like Dr. Lester Grinspoon have voiced in these pages, is running this interview to further the debate and attempt to goad some scientific researchers to just look into the evidence that Simpson says he has—as he's been begging them to do—and see if, in fact, there's anything there.

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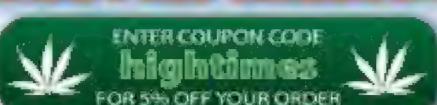
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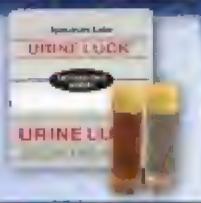
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The collage consists of a grid of 12 images. Top row: 1. Logo for 'AQUA LAB technologies' featuring a stylized flask icon. 2. A close-up of a glass apparatus with a hose. 3. Logos for 'zoo', 'Toto', 'SNB GLASS', and 'illadelph'. 4. A clear glass piece of glassware. 5. A red glass pipe and a small panda figurine. Middle row: 1. Text: 'Medical Marijuana Concentrate Supplies' next to a white cloth bag. 2. A white cloth bag. 3. Logos for 'ZIPCRO' and '4'. 4. A colorful striped cloth bag. 5. A red glass pipe. 6. A glass pipe with a colorful globe-shaped attachment. Bottom row: 1. A glass apparatus with a small figurine. 2. A yellow hexagonal logo with the number '13' and a small figurine. 3. A glass apparatus with a small figurine. 4. Logos for 'RAW' and 'EPO'. 5. A glass apparatus with a small figurine. 6. A white cloth bag. 7. A blue container labeled 'RESINATOR' with a small figurine. 8. A small glass apparatus with a red liquid. 9. Logos for 'VAPOR Globe' and a white cloth bag.

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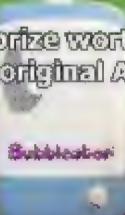
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#### BACK IN BLACK (left)

Here's a pic of my Black Widow (grown hydroponically).—The Greenscotsman and Pops, Big Bear, CA

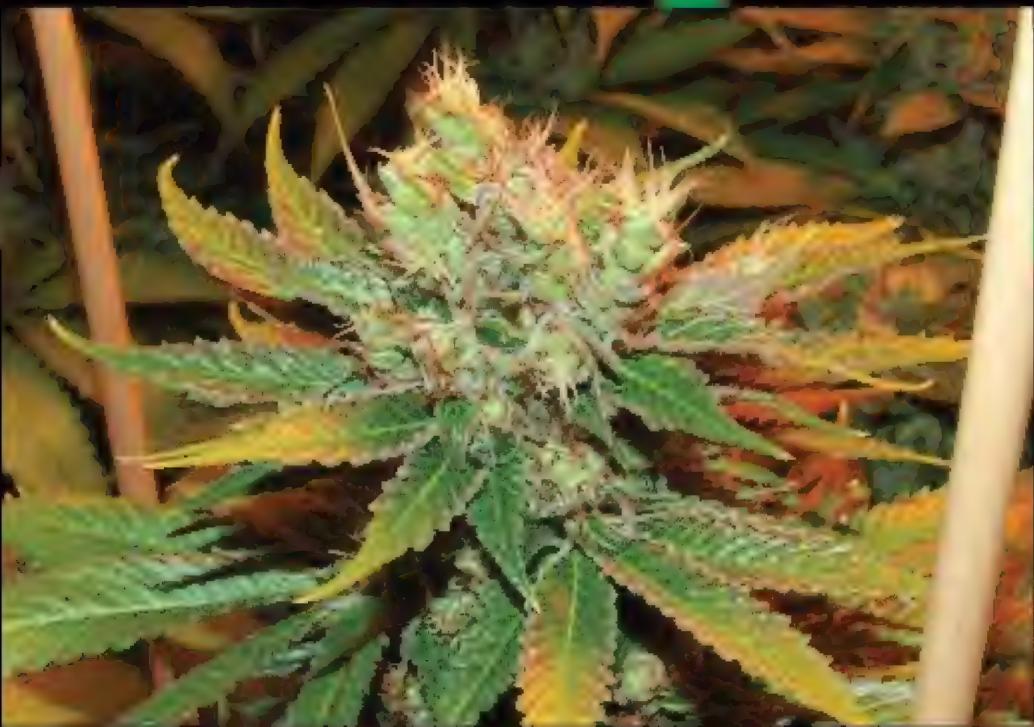


#### RESIN GLANDS (above)

Here's a close-up for ya! Look at all those gooey trichomes.—Blake "The Snake" Macdonson

#### CHUNKY TOWN (left)

My indoor grown in a grow tent, or as I like to call it, "my indoor greenhouse." Tastes as good as it looks!—GrassMaster



**IT AIN'T EASY BEING GREEN.**

This plant is G-13. Kermit didn't stick around too long, but he seemed happy.—Casey



A



#### BUBBLING HOT (above)

Thought you might enjoy this pic of some Purple in my pipe.—Double P, Sebastopol, CA

#### SOULSHINE (top left and bottom left)

Our organic outdoor grown in full sunshine with love.—Tarbender



#### WIDOW MAKER (above)

Here's my last indoor grow. It's White Widow grown in the Sea Of Green style. I got 1/4 lb. from this plant using a 1000-Watt HPS/MH conversion system. Hands down the best bud I have ever smoked. Seeds from Royal Queen Seeds, Amsterdam. Happy smoking and keep up the fight for legalization of marijuana.—Lorne

Pix of the Crop is reader-driven. Your submissions make all the stoners of the world dream of kind nugs. Send pictures (no Polaroids), tips, questions and stories to: HIGH TIMES, 419 Park Avenue South, 16th floor, New York, NY 10016. Digital photos can be e-mailed to [mailbag@hightimes.com](mailto:mailbag@hightimes.com) and must be hi-res for publication. Remember, by submitting photograph(s) you thereby grant permission to the publisher to reprint photograph(s) in HIGH TIMES, as well as in any other Trans-High Corp. publication.

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Photo shows 21 days from start



CANNABIS CLINIC

BY NICO ESCONDIDO

# EVERYTHING MEDICAL & MORE

Welcome to our mini-section devoted wholly to medicinal strains, news, uses, developments, activism, politics ... everything and anything, really, that is medically related to marijuana. This is your *Cannabis Clinic!*

## Benefits of Marijuana for MS Patients Evident

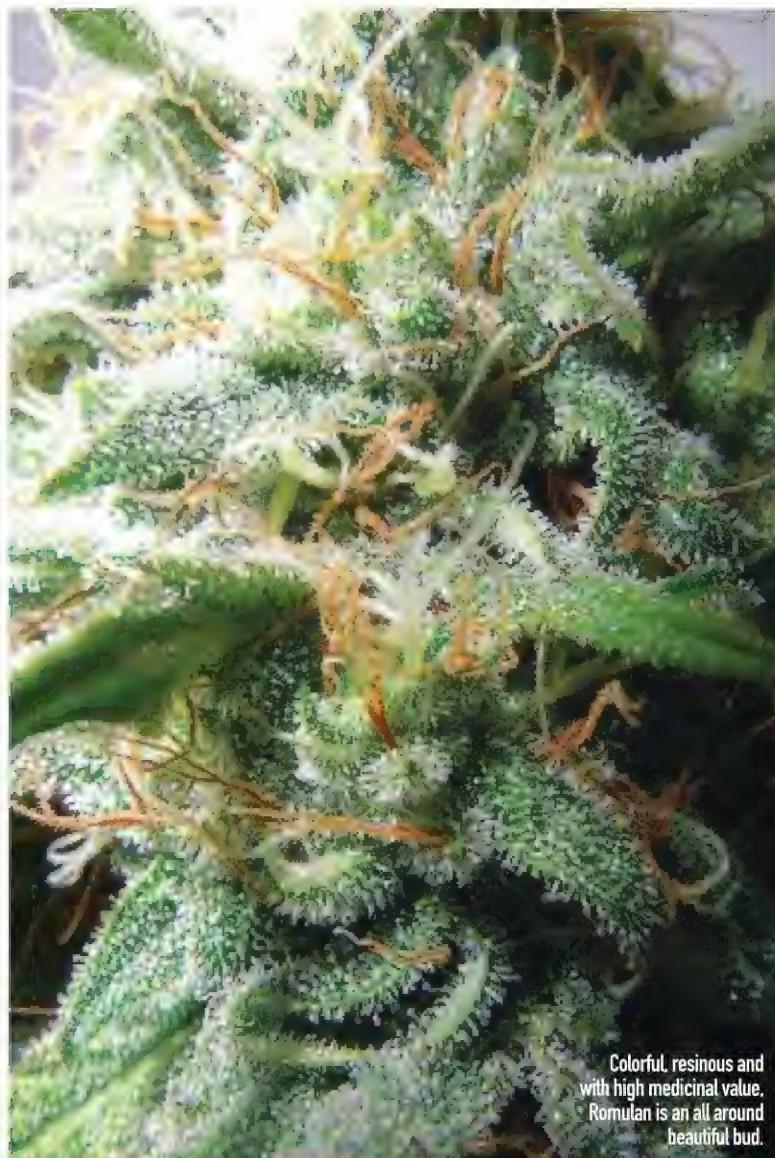
Not that we didn't already know this, but recent news regarding cannabis use in the treatment of multiple sclerosis has begun to be extensively discussed in the medical community. Science has already shown that cancer patients, glaucoma patients and others can benefit from medical marijuana, and now a new analysis shows that it can help treat MS as well, with patients finding relief from the muscle spasms that are a hallmark of the debilitating autoimmune disease.

"The therapeutic potential of cannabinoids in MS appears to be comprehensive and should be given considerable attention," said lead researcher Dr. Shaheen Lakhan, executive director of the Global Neuroscience Initiative Foundation. This is particularly important because, as the researchers noted in their review: "Spasticity, an involuntary increase in muscle tone or rapid muscle contractions, is one of the more common and distressing symptoms of MS."

For their review, Dr. Lakhan and his colleague, Marie Rowland, examined the results of six studies in which marijuana was used by MS patients. Five of the trials showed that marijuana reduced their spasms and improved mobility, according to a report published in the online journal *BMC Neurology*.

"Pharmaceutical treatment may reduce spasticity, but may also be ineffective, difficult to obtain or associated with intolerable side effects," the researchers said. "We found evidence that cannabis-plant extracts may provide therapeutic benefit for MS spasticity symptoms."

Specifically, the studies under



Colorful, resinous and with high medicinal value, Romulan is an all around beautiful bud.

## MEDICINAL STRAIN OF THE MONTH

### ROMULAN

A longtime Northern Cali favorite that originated just up the coast in British Columbia, Canada, Romulan is a legendary strain with high medicinal value. These days, Romulan genetics have spread across the US and parts of Europe, but its native roots are back in Asia. The seeds were said to have been brought back by veterans of the Vietnam (or even Korean) War and eventually showed up on Vancouver Island, where they could be grown out in a lush rainforest climate similar to their native one.

Whatever its true origin, Romulan is one of the best medical varieties to grow outdoors. She absolutely loves the sun, fresh air and space enough to stretch out her roots. Despite her *indica*-like growth patterns, Romulan has a surprising amount of *sativa* in her, which means that patients can keep a clear head while enjoying her sedative properties.

Almost certainly named after the Romulans—that fictional race of aliens from the original *Star Trek* series, which first appeared in 1966—the herb can make you feel as though you were floating in space (although the original saying was that people felt like they had a dented head after smoking it!). Its properties are great for meditation as well as muscle relaxing. The taste is altogether spicy and exotic, and when grown right, she's a very good yielder.

review evaluated the cannabis extracts delta9-tetrahydrocannabinol (THC) and cannabidiol (CBD), and found that both extracts may provide significant relief for MS patients. "There is also evidence

that cannabinoids may provide neuro-protective and anti-inflammatory benefits as well for MS patients," the report continued, adding that the careful monitoring of both symptom relief and side

effects is crucial in determining an individual's optimal dose: "Considering the distress and limitations spasticity brings to individuals with MS, it would be important to carefully weigh the potential for side effects with the potential for symptom relief, especially in view of the relief reported in subjective assessment."

The Obama administration announced last fall that it would no longer prosecute medical-marijuana users or suppliers, provided they obey the laws of their state when using the drug for medicinal purposes.

For more information on multiple sclerosis, visit the National Multiple Sclerosis Society at [www.nationalmssociety.org](http://www.nationalmssociety.org).

## More Families Using Pot to Treat Autistic Children

Last fall (Oct. '09 HT), we wrote about a New England woman who had obtained medical approval to treat her nine-year-old autistic son with pot food. Now the trend is continuing on the other side of the country.

California mother Mieko Hester-Perez says that her son Joey was malnourished and out of control before she began feeding him marijuana brownies. "He was 48 pounds and 10 years old," Hester-Perez said in an interview. "You could see all his bones. He had extremely aggressive behavior. He was running out of our home. He was unstable."

While the American Academy of Pediatrics opposes the use of marijuana to treat children with autism, saying that it has not been tested and could be dangerous, many doctors believe that the benign substance really can help.

Hester-Perez cited anecdotal evidence that she found on Internet discussion forums and elsewhere, which she used to convince Joey's psychiatrist to write him a prescription for the drug, which is legal for medical use in California.

"I don't think my son was going to die—I know my son was going to die," she said. "I heard about this treatment and made sure it was a choice I was comfortable with and his doctor was comfortable with." Hester-Perez added that her son's condition has greatly improved since the cannabis treatment began. ♣

Got medical questions? Pass 'em over to Nico at [nico@hightimes.com](mailto:nico@hightimes.com).

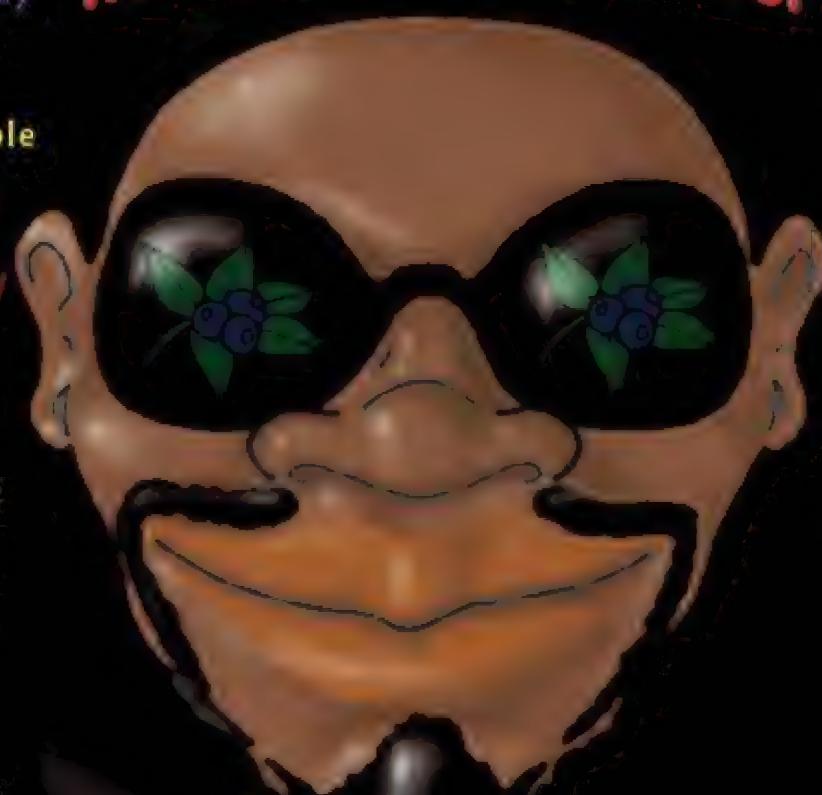
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PATENT PENDING

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## MICHIGAN

State Registration Program  
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[Michigan.gov/mmp](http://Michigan.gov/mmp)

Michigan Medical Marijuana Certification Center  
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## MONTANA

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(503) 233-4202

State Registration Program  
Oregon Department of Human Services  
800 NE Oregon St.  
Portland, OR 97232  
(503) 731-4000  
<http://egov.oregon.gov/DHS/ph/ommp/index.shtml>

## RHODE ISLAND

State Registration Program  
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## VERMONT

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Marijuana Registry  
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# ROLLOVER ROTINI

Tri-color rasta pasta that will send you stumbling into the night. By Ashley Boudreux

Snitches get stitches. That's what they say around here, but I must confess—I think there are times that snitching is not only okay, it's absolutely necessary. If you rat out your friend for pot, you're doomed to burn in hell. But when cops shoot innocent people in the back? Definitely time to snitch.

The refreshingly implacable A.C. Thompson of ProPublica, a nonprofit investigative news outfit, recently joined forces with PBS *Frontline* and the *Times Picayune* to expose questionable police shootings during the aftermath of Hurricane Katrina, and I was dismayed at the tepid public response. I know for a fact that people (including a friend of mine) saw what happened. They need to speak up—accountability is not a bad thing. And standing against police brutality is never a mistake. What is it that Peter Tosh said? Get up. Stand up. Stand up for your rights.

We all have to die sometime. The real trick is living our lives with principle.

This country was founded on the principle of standing against tyranny, even if that means discomfort, deprivation or bloodshed. And while the world around us has changed, that one truth has not. Furthermore, it's horrendous to live with the type of psychic wound that silence brings in these situations. Much like hate, an unspoken truth that could mitigate injustice will only corrode the vessel that carries it. While the cops may have shot and killed that guy five years ago, my friend, you're the one walking around bleeding still to this day. Speak up and heal before everything you ever stood for becomes a distant and discomfiting memory.

When I was a wandering refugee, emotionally tortured over the prospect of putting myself in danger at the mercy of sketchy levees again, my friend told me that I couldn't run from the weather forever, and that it was time to come home and fight for this place. Truer words were never spoken, friend, so look in the mirror and say it again: You can't run from this storm, either. It's time to fight for this place.



Rasta pasta is a stoner staple.

Thank God for our long-suffering and stubborn belief in the power to overcome adversity here in New Orleans. We have plenty of it in this urban-swamp anomaly we call home, but we have even more hope. How else to explain the fanatical loyalty of the citizenry to the New Orleans Saints? How else to explain our collective decision to dig our toes into the ever-eroding muck that delineates the land and the encroaching sea and say, "Fuck it. We're not leaving." It's simply a different permutation of the same paradigm of collective mentality. For better or worse, our love for this beautiful, dysfunctional Third World whore of a city is just as intractable as our distrust of the New Orleans Police Department. Maybe with enough patience, someone will speak up and we can turn this place around. \*

I chose to dust off this month's recipe to remind my friend of a time when we were younger and more fiercely idealistic. It's the very first savory ganja dish I ever created, and it was made specifically for the poet John Sinclair, who doesn't eat pot brownies. We all watched the movie *Grass* together on a red-velvet bordello-style couch in the French Quarter. After it was gone, we all stumbled off into the warm spring night, and I guess we're still stumbling to this day.

## TRICOLOR RASTA PASTA

- 1/4 oz ganja, cleaned
- 1/2 stick salted butter
- 1/4 cup flour
- 2-3 cups of half-and-half
- 2 tbsp grated Parmesan
- 2 tbsp grated Romano
- 7 garlic cloves, minced

- 1 bunch green onions, chopped
- 3 bell peppers (yellow, red and green), thinly sliced
- Black, cayenne and powdered chipotle pepper to taste
- 1-2 tbsp olive oil
- 1 package tricolored rotini

Toss the peppers in olive oil and roast them on a grill or under a broiler until the skin blackens. Next, put them in a plastic or paper bag, closed tightly, for 10 minutes. This will steam the skin loose and make it easier to remove the ugly black char. Cut the peppers into thin strips and set aside. Combine ganja and butter in a double-boiler over low heat. Simmer for 45 minutes. Add garlic and spices for the last five minutes. Now slowly whisk in the flour until a nice thick paste has formed, then add the cream bit by bit, constantly whisking. Add the cheeses last. Combine peppers, sauce and pasta to serve. Stones seven.

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# SINSEMILLA ACTIVISM

The NORML Women's Alliance needs more ladies who want to legalize it! By Allen St. Pierre

In progressive politics, there's no more powerful force than angry mothers and grandmothers, especially if they're well organized! Women's groups played leading roles in every American social-justice movement, including both the enactment and repeal of alcohol prohibition.

With this in mind, I'm proud to officially announce the formation of the NORML Women's Alliance, a potent and diverse association of women from around the world united by a common goal: ending cannabis-prohibition laws and replacing them with effective, family-friendly and constitutional public policies.

The NORML Women's Alliance also serves as part of a larger strategy aimed at attracting as many female cannabis consumers as possible to join with NORML, as members, activists, fundraisers and leaders. For too many years, the unique concerns of women have been largely ignored in the drug-policy reform movement. I believe that as women continue to take the reins of institutional power in America, we should see that same proportion of women leading the way in cannabis-law reform.

Prior to the NORML Women's Alliance, and in recognition of the important role that women played in the 1920s to help end alcohol prohibition, NORML created the Pauline Sabin Award, named after a cru-



**Women's groups played leading roles in every American social justice movement.**

sading socialite who argued that alcohol-prohibition laws made the tough job of parenting even harder. [Sound familiar?]

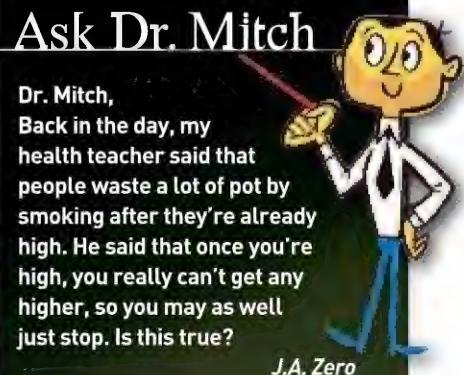
In the present era of increasing cannabis freedom, "stiletto stoners"—as the press has dubbed highly achieving female cannabis consumers, after a recent *Marie Claire* article—have been steadily coming out of their smoky closets to praise both cannabis and legalization, including musicians Alanis Morissette, Melissa Etheridge and Chrissie Hynde, best-selling author Barbara Ehrenreich, comedian Sara Silverman and actress Mary-Louise Parker.

To get involved in this important new project, communicate

with other like-minded women, purchase female-friendly NORML products and apparel, and view a listing of Pauline Sabin Award winners since 2005 (or to nominate future winners), please log on to [norml.org/women](http://norml.org/women).

I'm the eighth executive director of NORML in its storied 40 years of service to and advocacy for cannabis consumers. In my view, NORML's next director needs to be, and *should* be, a woman. And the NORML Women's Alliance is the first place we'll look. \*

*Allen St. Pierre is the executive director of NORML in Washington, DC. To contact NORML, go to [www.norml.org](http://www.norml.org) or call 888-67-NORML.*



## Ask Dr. Mitch

Dr. Mitch,  
Back in the day, my health teacher said that people waste a lot of pot by smoking after they're already high. He said that once you're high, you really can't get any higher, so you may as well just stop. Is this true?

J.A. Zero

Hi J.A.,  
**Not really. Lots of marijuana effects are dose-dependent: More leads to a bigger impact. Nevertheless, plenty of people might find that one hit gets them where they want to be if they'd give it a chance. So the next time you're toking up, wait 10 minutes after the first hit; you may find that you don't need any more. With prohibition's impact on today's prices, it's worth a try!**

Did the government really encourage people to grow marijuana before Prohibition?

Ben Shy

Hi Ben,  
**Not if you mean the psychoactive plant, but the government definitely encouraged folks to grow hemp. Your namesake, Ben Franklin, once wrote a snotty note to King George saying that the colonies needed all the hemp they grew for themselves, so they wouldn't be sending any over to Britain. Even after the Marijuana Tax Act of 1937, the Feds encouraged farmers to grow hemp for fiber, cloth and rope during World War II. Search the Web for the government-sponsored film *Hemp for Victory*, which depicts growing hemp as a necessary part of the war effort.**

You mentioned the Hashish Club, that bunch of French artists from the mid-1800s. Where did they get their hash back then?

The F Man

Hi F Man,  
**Hash has been around for a long time. Napoleon's grisly invasion of Egypt in 1798 did have one pleasant side effect: The French soldiers who didn't get killed in battle or catch bubonic plague came home with hash from Africa. This apparently inspired a trade route that has lasted for quite some time.**

*Dr. Mitch Earleywine, Ph.D., is an associate professor of psychology at SUNY Albany. He is the author of *Understanding Marijuana and The Parents' Guide to Marijuana*. Got a question for Dr. Mitch? Email him at [420research@gmail.com](mailto:420research@gmail.com).*

## FREEDOM FIGHTER

### Medical Madeline

In the 20-year history of the Freedom Fighter of the Month award, only a dozen activists have been named twice. One of them is Madeline Martinez, who takes our high honor this month for opening a first-of-its-kind Cannabis Café in Portland, OR, that's garnered worldwide media attention, including the *New York Times*, *The Times of London*, Al Jazeera and the front page of *USA Today*.

Martinez, the executive director of Oregon NORML, won her first Freedom Fighter award in March 2003 for organizing the largest NORML chapter in the country and producing three public cannabis events in Portland: the Global Cannabis March, the Portland Hempstalk festival and the Oregon Medical Cannabis Awards. Her chapter also holds twice-monthly patient-only meetings, distributing cuttings and medicine to the needy, and she frequently lobbies in the state capitol to protect Oregon's medical-marijuana laws from business, construction and law-enforcement lobbyists.

While some dispensaries and headshops in the medical-marijuana states offer areas for people to medicate, Oregon NORML's Cannabis Café is the first to offer free medicine to patients in a purely social atmosphere. "This café primarily serves patients' social needs, not their medicine or paraphernalia needs," Martinez explains. "This is a café where people can use cannabis, but it is never bought or sold; it is all given away freely."

Martinez runs the café with volunteers and stocks it with excess cannabis donated by registered medical-marijuana growers. Oregon permits growers to store a maximum of 24 ounces, but they can grow up to six mature plants, often leaving them out of compliance at harvest time. Since state law allows cardholders to exchange medicine and use it "out of public view," the private club is perfectly legal as long as the medicine is given away freely and "for no consideration." —Russ Belville



Madeline Martinez

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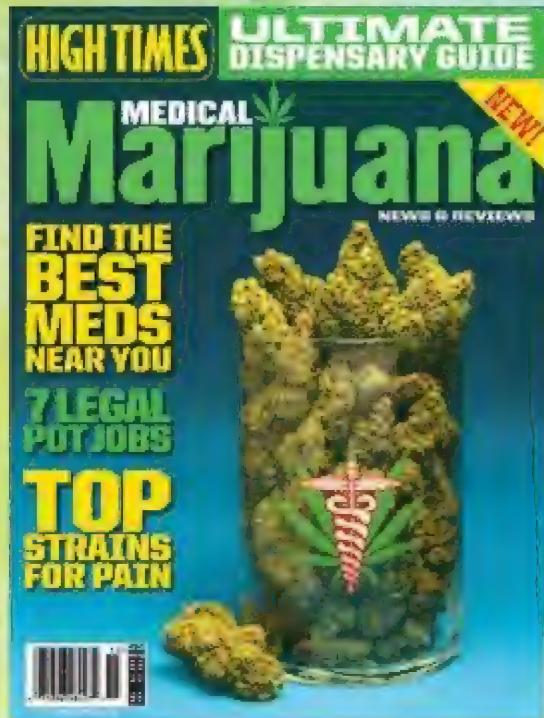
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## SSDP Report: Action in the Northeast

East Coast students push legislatures to pass marijuana-law reform.

By Stacia Cosner

When do you think marijuana will be legal? Five years? Twenty years? In your lifetime? Students for Sensible Drug Policy is working round the clock to make it happen sooner rather than later.

Although California and other Western states have been drug-policy reform pioneers in the past, some of the most recent and exciting developments toward a more sensible approach to marijuana laws have happened in states in the Northeast! It's a totally different political ballgame here on the East Coast, which provides a challenge that our SSDP chapters have been happy to embrace.

SSDPers in Massachusetts helped to pass Question 2 in 2008, which decriminalized the possession of small amounts of marijuana. In Connecticut, our student members have testified before the state legislature in support of a similar measure. And with medical marijuana now on the horizon in Pennsylvania, New Jersey and Washington, DC, our chapters in the Northeast are excited to be a part of the driving force for reform.

Last summer, the Rhode Island Legislature made a bold political statement by overriding the governor's veto of medical-marijuana legislation dealing with dispensaries. Now that the law has taken effect, Rhode Island is the first state to establish a state-licensed nonprofit center to provide cannabis to patients with a doctor's prescription. These developments in marijuana policy would not have been possible without the efforts of SSDP chapter leaders and members in the state.

A few years ago, SSDPers at our Brown University chapter founded the Rhode Island Patient Advocacy Coalition, a nonprofit organization focused on advocating for legal medical marijuana. RIPAC is composed of current and former SSDP members, who continue to impact state policy through effective student and community organizing. Since their victorious statewide medical-marijuana campaign, Brown University SSDPers have been working to implement harm-reduction policies and practices regarding drug use on campus, as well as developing fact-based brochures with information about specific drugs such as MDMA.

A few months after the victory in Rhode Island, our chapter at the University of Maine at Farmington played an important role in helping to pass Issue 5, a state medical-marijuana initiative that makes Maine the third state to establish a nonprofit-dispensary model (following in the footsteps of Rhode Island and New Mexico). Currently, our UMF chapter is working on needle-exchange and other harm-reduction programs at the community level, as well as working with the college administration to estab-



Stacia Cosner at the 2009 Boston Freedom Rally.

**Ending marijuana prohibition is one of the first steps toward a more logical criminal-justice system.**

lish a harm-reduction center on campus to provide fact-based drug information, among other useful resources.

Ending marijuana prohibition is one of the first steps toward a more compassionate, logical and effective criminal-justice system, but we need all the help we can get in order to build a strong enough movement for reform. Please check out the activism section on the HIGH TIMES website to learn more about the injustices that result from US drug prohibition.

Also, SSDP and HIGH TIMES would love to hear your story about how you've worked to advance the debate regarding drug-policy reform as a student. Submissions will be accepted on a rolling basis, should be approximately 600 words, and should be sent to [stacia@ssdp.org](mailto:stacia@ssdp.org). If your submission is chosen for publication, your chapter will receive \$250! And even if it isn't selected to run in the print edition, it could still be posted as a blog on the HIGH TIMES website.

Finally, check out [hightimes.com/ssdp/](http://hightimes.com/ssdp/) for an in-depth profile of Micah Daigle, the executive director of SSDP, and look for this column (which will be written by students in different SSDP chapters every month) in future issues of HIGH TIMES. If you want to learn more about SSDP or how you can get involved, you can find us on Facebook, Twitter, YouTube and Flickr. Or you can contact us through our website: [www.schoolsnoprison.com.](http://www.schoolsnoprison.com.) \*

Stacia Cosner is the Outreach Director, Northeast and Mid-Atlantic Regions, for SSDP.

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# OUTDOOR PLANTING GUIDE

Nothing tastes sweeter, or grows greener, than your very own homegrown outdoor ganja. So let's start off the season right!

By the HIGH TIMES Cultivation Department

An old Zen Buddhist saying puts it plainly: "Spring comes, and the grass grows by itself."

A lovely sentiment, no doubt—one that touches on the self-sustaining beauty of the natural world and our delicate, symbiotic relationship to the plant kingdom. But if the grass in question happens to be ganja, savvy cultivators know that top-grade marijuana doesn't exactly "grow by itself."

So as the weather warms and spring blissfully approaches, we thought it high time to publish an outdoor planting guide to get you started on the path to a healthy fall harvest. The good news is that, although you'll need to give your herb all the love and attention it deserves and operate with a complete understanding of the

plant's growth cycle and basic needs, cultivating high-quality cannabis outdoors is a lot less complicated (and expensive) than growing indoors—and a lot better for the planet, too.

Indoor gardening requires a large input of energy to run high-intensity artificial lights, sometimes 24 hours per day, which means the average indoor ounce of weed has a shockingly high carbon footprint. In contrast, outdoor growers rely on the free, clean and renewable power of the sun to feed their plants. Also, since outdoor growers make use of the same natural environment in which cannabis has thrived for thousands of years, you can expect a lot less headaches when it comes to setup,

maintenance and harvest.

But perhaps we're getting ahead of ourselves. Let's start with "getting started": First and foremost, you need a plan that covers the entire process, from seeds to harvest to drying and curing all those lovely buds.

Choosing the location of your outdoor pot garden may be the most important real-estate decision of your life, as it will affect not just the success (or failure) of your prized crop, but will also play a huge role in determining whether or not you get caught. All styles and methods of cultivating cannabis have their advantages and disadvantages, so research your options carefully (including the option not to grow)—and if you're new to this endeavor, definitely set modest goals the first time around. Remember, it's always better to have a small success than a huge disaster.

## Backyard Garden

If you have a secure place near your home that gets plenty of sunshine and can be obscured from the sight (and smell) of the neighbors, backyard gardening provides the easiest access to your plants, which gives you, in turn, the best chance to give them everything they need for optimal growth, while nipping potential problems—like insect infestation, mold or dehydration—"in the bud," before they become major weed whackers.

For licensed medical-marijuana patients growing in compliance with state laws, backyard gardens have become an increasingly attractive option, returning the cannabis plant to its proper place alongside tomatoes, salad greens and other traditional backyard crops. For the rest of us, backyard gardens include the risk of getting caught growing pot where you live, so keep in mind that cannabis becomes taller, greener and more fragrant in the fall, while surrounding vegetation tends to die off.

Imagine having a beautiful backyard lawn with lovely green grass that you never need to mow!





Greenhouses offer a best of both worlds compromise between indoors and out.



Guerrilla gardeners plant where it's not expected and then quietly disappear after harvest.

## Greenhouse

Often a best-of-both-worlds compromise between indoors and out, greenhouses can protect your plants from the worst ravages of Mother Nature, such as excessive rain and violent winds, while maintaining the outdoor grower's reliance on natural sunlight. Setting up a greenhouse will involve more upfront costs, labor and planning, but many growers find that the increased environmental control and decreased "plant visibility" makes the effort more than worthwhile.

Using a technique known as "light deprivation," greenhouse growers can also induce early flowering by covering the greenhouse each day to create the 12 hours of total darkness that triggers cannabis to move from vegetative growth into developing buds. Light deprivation allows growers to pull off several harvests in the same outdoor growing season, increasing overall yields significantly.

## Terrace or Rooftop

Homes equipped with a terrace or rooftop not visible to neighbors offer another enticing alternative to outdoor growers. Since an increase in elevation often brings an increase in wind velocity, plan carefully, including supporting branches to keep plants upright and stable, and providing windscreens for further protection. Also, keep in mind that increased wind can dry out plants, and certain roof and terrace surfaces can retain heat, drying out the soil and roots.

## Guerrilla Gardens

Mimicking the hit-and-run strategy of guerrilla armies, guerrilla ganja growers plant where it's not expected (typically on a remote stretch of land far from prying eyes), return periodically throughout the season to provide basic maintenance, and then harvest in the fall, before disappearing entirely until the start of next season. The obvious advantage is that it's a lot harder to get caught when the plants are off your property, although all visits to a guerrilla garden must be carefully planned to keep your patch a secret.

Start by scouting out your location well in advance of planting to see whether it will get consistent sunlight all season, and to make sure that your plants will blend in well with the surrounding vegetation until an autumn harvest. Pay your patch a visit *without* any pot on your person and make any necessary improvements, such as pulling weeds, improving the soil, or trimming overhead vegetation to increase sunlight penetration.

When you're ready to plant, pack a set of moistened clones about six inches tall into a backpack, along with a small shovel, enough soil to transplant the clones, and a large bottle of water. Make the trek early in the morning, when you're least likely to run into anyone, and have a cover story ready (with props, such as a birdwatcher's guidebook and binoculars) in case you need to explain what you're doing in the middle of nowhere.

The more you can visit your patch during the season, the more loving care you can provide your plants, but each visit also increases the risk of detection. It's best to choose a place that's remote, rarely visited, and hard to stumble across or see from any great distance. And cover your tracks on the way in and out!



Start clones and seedlings indoors before moving them into the great outdoors.



Massive buds provide an ample reward for dedicated outdoor cultivators.

## Seeds and Clones

Start by selecting cannabis genetics—whether seeds or clones—suited to outdoor growing in your particular climate. This will take some research, both of your climate and the available cannabis strains. Temperature, humidity, sunlight penetration and the length of the growing season are all factors that should be considered. Start by determining the regional climate zone where you live, and then find a knowledgeable seed or clone provider with the appropriate outdoor strains.

Keep in mind that a strain's flowering time will determine how many days it buds before reaching full maturity. A long flowering time and a short growing season can expose your plants to cold temperatures (and even frost) before they're ready to harvest, so pay attention and plan carefully at the beginning of the season. Cultivating a variety of strains with different flowering times will help you set up a "rolling harvest" instead of having all your plants ripen at once, thereby avoiding a "cannabis clusterfuck" during the busiest time of the season.

Outdoor growers should start their seedlings and clones indoors so they can get a head start on vegetative growth before braving the uncontrolled conditions of the great outdoors. Plants should be given a chance to "harden off" (form a rigid stem) before transplanting outside. They should also have a strong root system, with bright white roots several inches long. Smart growers will give their seedlings or clones a chance to gradually adjust to the outdoor environment, putting them outside for four hours a day, then eight and then 12, before finally transplanting them to the garden or greenhouse.

## Soil Prep

Preparing your outdoor soil in advance of transplanting seedlings or clones will give your herb's roots the proper medium for optimal growth (including adequate nutrients) from day one, which means they can recover from the trauma of transplanting quickly and begin to thrive. Soil provides the living base of your outdoor garden, but its vital importance can be easily overlooked among other concerns. Maintain proper soil, and your plants will feed and heal themselves; neglect the soil, and their health will deteriorate from within.

Think of the soil as your plants' "home." A well-mixed, properly aerated soil with the correct nutrients in the optimal amounts will make all the difference in the world. As HIGH TIMES cultivation editor Danny Danko likes to say: "More roots, more fruits!"

Ultimately, your success as an outdoor ganja grower will depend on all of these factors, plus a large dose of good old-fashioned luck. Still, the better you prepare for the season, the better your chances of ending it with a harvest of massive, resin-squirting buds. So keep in mind that this humble "planting guide" should serve as the beginning of your research, not the end. HIGH TIMES always recommends Jorge Cervantes's excellent *Marijuana Horticulture* as the ultimate, comprehensive guide to the craft, and there's also no substitute for learning by experience.

Happy planting! 🌿

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## DEAR DANKO

ANSWERS BY DANNY DANKO

### CLEANING GROW ROCKS

I'm a hydroponic grower, and I use Hydroton grow rocks as my medium. What's the best way to clean the rocks? Also, what's the quickest way? Thanks!

*Hydro Tom*

Dear Tom,  
The best way isn't always the quickest, and vice versa. It's important to properly clean and sterilize the rocks between every use. Grow rocks are meant to imitate naturally occurring lava rocks and are made using heat to puff them out. This creates many tiny spaces within them, allowing oxygen to permeate to the plant roots that cling to these airy "stones," but it also creates plenty of room for molds, diseases and viruses to hide as well.

The easiest way I've seen people cleaning their rocks is in a big washtub, bathtub or a large industrial-sized sink with a drain. The rocks are soaked in piping hot water and agitated to remove any root particles that remain stuck. Then they're soaked in a mild bleach solution (10% or less) for an hour or so, and then thoroughly rinsed again in plain hot water. After drying, they are ready to re-use. Extra care should always be taken if your previous harvest suffered from any root maladies.

### BRINGING OUTDOOR PLANTS IN

Hello, Danny, and congrats on the new column! I have a question regarding bringing outdoor plants in at night. I live in LA, and the daylight hours have already waned and the weather is starting to get a little chilly at night—not to mention that it's pouring rain right now as well! This has caused my Sensi Star's leaves to turn purple. My question is, because the temperature outdoors is such, is it a bad idea to bring my plant in at night? Will the warmer temperature in my home cause some type of stress? I already know about mold and pests, so that isn't much of an issue right now. (PS: My plants have spent 100% of their lives outside under the California sun.)

The most kind of regards,

*Merkaba*

Dear Merkaba,

Bringing your outdoor plants inside during the evening won't adversely affect them unless they're receiving too much light indoors to flower. If they're getting more than 12 to 14 hours of light per day, they will only continue to grow in their vegetative state and never begin flowering. Keep your plants in a dark place that isn't damp inside your house and you'll avoid the issues with mold you've already anticipated. Just be sure to always put them out in the morning so that they get a full day's worth of sunshine.

### WHITEFLIES SUCK

I have an infestation of whiteflies! I've been spraying with Einstein Oil two to three times a week and have put sticky traps all around the indoor-garden area. This isn't really helping, though, as the traps fill up quickly and have to be replaced, only to fill up quickly again. I don't want to resort to using a chemical bomb if I don't have to. Is there anything else can I do?

*AppleBomb*

Dear AppleBomb,  
Whiteflies resemble tiny moths, and they feed on the underside of plant leaves, draining them of moisture, slowing growth and causing telltale slimy marks on the leaf tops. Typically, they enjoy moist conditions, so over-watering and high humidity can bring on outbreaks or exacerbate an existing infestation.

The oil you're using can be effective if applied regularly and properly. Reapply weekly and be sure to get the undersides of the leaves and the surface of the soil, where whiteflies like to lay their eggs. Always remove dead and damaged leaves from the area, as they can harbor whiteflies and their larvae as well.

One effective method for dealing with whiteflies is the introduction of predators such as green lacewing larvae and ladybugs. These can

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DEAR DANKO



The male plant in the foreground has pollinated the female behind it.

be ordered through the mail or purchased at nurseries, but always remember that multiple well-timed applications will be necessary to truly control harmful insect populations.

Companion plants such as marigolds and nasturtiums nearby can help repel whiteflies as well. My online buddy and pot-pest expert MyNameStitch also recommends Permethrin dust, which is safe for edible plants and can be used through early flowering if necessary.

The best way to avoid infestations in the future is to keep your growing area clean and remain ever-vigilant. Any sign of pests requires immediate action and continuous monitoring. Check your plants and sticky traps daily!

### HERMIES IN THE MIX

This is the second grow cycle in a row that I've had a hermaphroditic plant. The first time I read that it was because I flowered them too early. This time I waited until the plant was more mature, and I used a different strain as well. Don't

get me wrong: It's always great to have seeds, but I would like to stop having to pick them out of all my medicine. Any suggestions? I grow in 50% coco coir and 50% organic soil. Thanks!

Reno and Pablo

Dear Reno and Pablo,  
Hermaphrodites are plants with both male and female flowers. They can ruin a garden by pollinating the female buds and filling them with seeds. Contrary to your theory, however, I've never heard of this happening from flowering plants too early.

Typically, the problem is either genetic or environmental. If genetic, you should seek out better seeds or mother plants from which to take your clones, depending on your style of growing. Stable female plants will reliably produce stable female clones, but environmental factors such as stress can induce hermaphroditism as well.

Light leaks can also cause female plants to grow male flowers, so always be sure that your 12-hour dark period is truly 100% dark. Sit in-

side the flowering chamber during your "night" period and look for any light that could be leaking in. Bottom line: Get yourself some stable genetics and avoid any interruption of the dark cycle.

### SUBCOOL'S SOIL SOLUTIONS

Hi! I'm really interested in Subcool's "Super Soil" method (Mar. '09 HT), and I'd like to put it into practice in my grow show, but I have a few questions first:

1) Is all the soil placed out into the sun at the same time? Is there water added to it while it sits outside—and if so, how much and how often? Is the soil brought indoors at night? Is the soil protected from rain? Does he keep the covers on while the soil containers sit outside? If not, how does he prevent pests and diseases from getting into the soil?

2) How many plants are held in the 15-gallon containers?

3) Would this mix be okay for 3- to 5-gallon containers?

4) At what point in the plant's life are they introduced to the super soil? Does the grower let the clones develop roots before they're transplanted into the 15-gallon containers?

Thank you, HIGH TIMES, for all that you've done and continue to do for our community, both on the education and the awareness side! Keep the articles coming! I look forward to hearing from you—there's nothing better than sweet-tasting, organically grown herb.

Sincerely,  
All-Natural Organic

Dear All-Natural Organic,  
I forwarded your questions to the breeder Subcool of TGA Seeds, and here are his answers:

1) "Cooking" the soil just means allowing the dry fertilizers and the soil and lime to break down a bit before it's administered to the plants. This process allows the nutrients to break down to a molecular level, which is much easier for the roots to uptake. You can mix it and store it for use months later, as long as it's not too wet. I only use enough water to just moisten the mix and not get it muddy.

2) I use the 7-gallon containers that are marked #10 at our nearby nursery, and I place one plant in each container.

3) Yes, you can use the mix for 5-gallon pots, but keep in mind that 5-gallon containers will need to be watered every two to three days (as opposed to the three to four days with larger pots).

4) As soon as the plants have a developed root-ball, I transplant them into their containers. However, I use plain soil, without the strong nutes mixed in, as a buffer for the young roots. The plants don't actually encounter the "Super Soil" until the clones are about four weeks old.

Thanks for your interest in my soil mix, and please visit [breedbay.co.uk](http://breedbay.co.uk) for more info.—Subcool

### SEXING SEEDS

First, I love your site! I've been reading HIGH TIMES for as long as you've been around, and yet I have an age-old question: How can you tell which seeds are male and which seeds are female? For breeders to be able to guarantee female seeds, they must have some way of telling. I can "weed" out the males after my plants are about 6 inches tall, but I'd rather not grow males at all—they take up nutrients, space and time, all for nothing.



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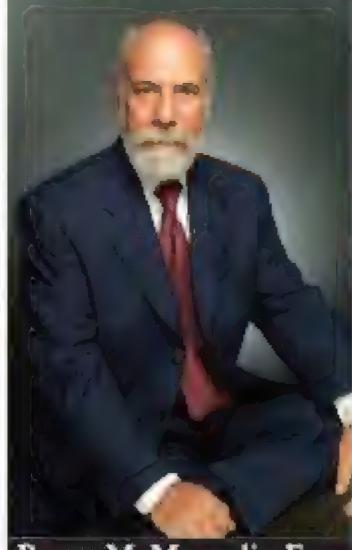
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I've contacted a couple of breeders with this question but haven't received any kind of response. Can you help? Thank you.

Jim

Dear Jim,

It's not possible to tell the sex of a regular seed (i.e., created from the union of male pollen on a female flower) beforehand. Seeds created through this natural process have an approximately 50% chance of being male.

Bud breeders, however, have been creating feminized seeds for the past decade or so. These seeds are the product of female plants that have been stressed into creating "male" flowers for self-pollination. The results of this type of union are 50% female and 50% hermaphroditic plants, and the breeders have become quite adept at selecting for the all-female beans.

Your best bet is to purchase feminized seeds from a well-established seed company. Do some research online and find out who sounds the most reliable and offers the best customer service and quality control, and you'll be able to find exactly what you need.

#### SEXING CLONES

Hello! I'm a Japanese beginner grower with a question about cloning. I'm thinking of taking clones from my vegetating plants in order for the clones to show me the gender of the growing plants as soon as possible. Can I give them 12 hours of light and 12 hours of darkness after cutting them? Or should I give them 18 hours of light and six hours of darkness until they take root and then shorten the light period? I patiently await your answer, and thanks!

Naoki Yamada

Dear Naoki,

You have just described my favorite way of sexing plants: By taking a clone of a vegetative plant, you can determine the sex of the plant without having to slow its growth by shortening the light cycle. There's no reason to vegetate the clone at all, as it's only being used to determine the sex of the plant. Therefore, feel free to keep the light over the clone at 12 hours. As it roots, it will also begin to flower—and within a week or two of rooting, the clone will clearly show you the sex of its "parent." Then the males can be removed and the females spread out to encompass the new growing area vacated by the male plants. The signifying clones can be discarded once they've served their purpose.

Of course, if you're working with a longer-flowering *sativa* strain, you may need to vegetate the clone for a week or so to establish a root system capable of keeping the clone alive long enough to determine its sex, but this is generally the exception to the rule.

#### ELECTRIC COMPANY BUZZKILL

In the Central Valley of California, our energy provider is removing the old-school electric meters and installing what they call "smart meters." This gives them real-time info on power usage (exactly when it starts and how much is being used), all in the guise of saving energy. Seems like a big problem for indoor growing, as this makes it easy for them to spot the 12- or 18-hour power spikes every day. My question is: How do we grow inside without raising any red flags? Even keeping the wattage low won't stop them from spotting usage trends. I hope you can help us in this matter. Big

Brother strikes again, it seems!

*Big B in Madera, CA*

Dear Big B,

I'm going to assume that you're growing for recreational purposes, because medical-marijuana growers in California are protected from prying eyes and harassment. Perhaps you could look into becoming a caregiver for a needy patient? I've even heard of some electric companies giving discounts to registered growers.

If that's not possible, your other option is to alternate your grow lights between ballasts so that the meter never stops and there are no trends to spot. This requires two flowering rooms set on opposing light/dark schedules: The bulbs in one room are on while, in the other room, their counterparts are off. Every 12 hours, the timer on the ballast flipper switches between lights, running them two bulbs for each ballast instead of one.

Also, many people have wood shops or other hobbies that raise their bills without raising red flags. As long as you pay your bills regularly, most companies turn a fairly blind eye to increased usage.

Then again, the best option is to grow bigger plants outside and forgo the electrical grid altogether. Most people in your area have some yard space or land where they could put up an opaque greenhouse and let the sun do their work for them. With a caregiver's license and a small plot of land, you might be surprised how much more you can accomplish in the great outdoors.

#### FIRST-TIMER NEEDS FIRST TIMER

I've grown outdoors before and had a very successful crop. Now I'm just starting my first crop indoors, and I was wondering: If I don't have (or can't afford) a timer at this moment, is there anything else I could do to keep track of my plants' growth? They're tiny now, but I know this will become an issue soon.

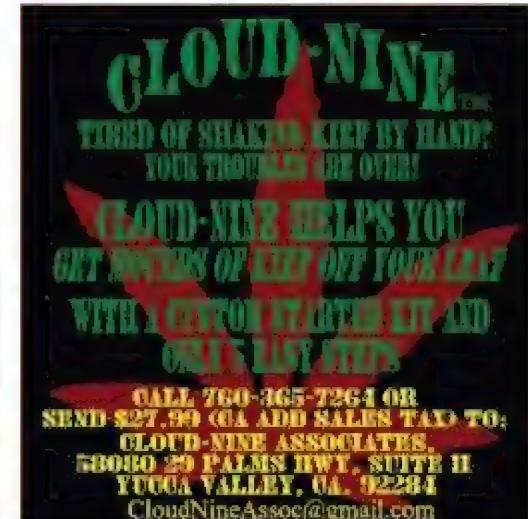
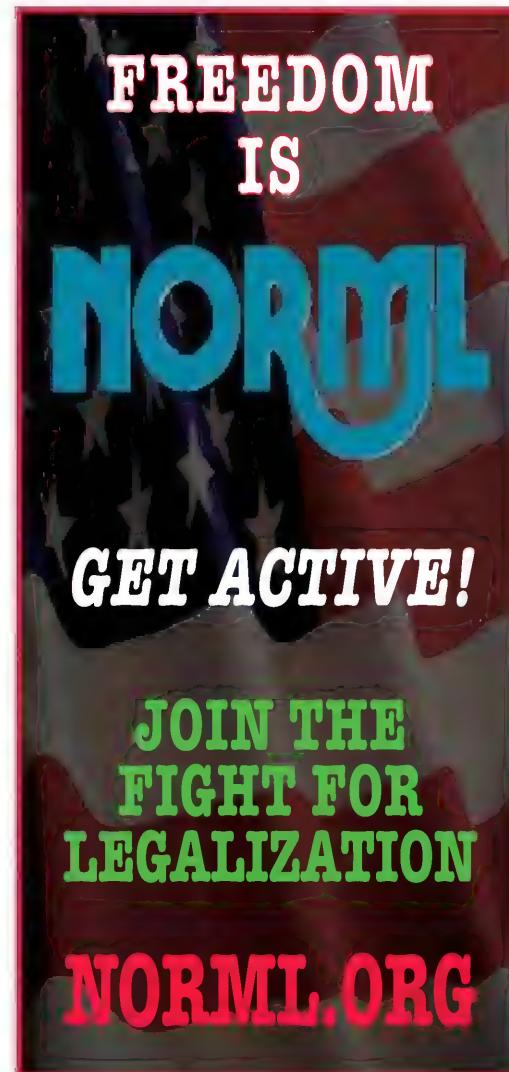
Aiden

Dear Aiden,

While your plants are in their vegetative stage, you don't absolutely *have* to have your light on a timer—in fact, 24 hours of light is fine for the early part of plant growth. Once you decide to induce flowering, however, you'll have to get a timer to turn your lights on and off at 12-hour intervals.

Any deviation from this strict schedule will result in stressing your plants, causing strange growth patterns and setting back your project substantially. To avoid this, pick up a timer and plug your grow light into it. There are some quite cheap models out there, although I highly recommend investing in a heavy-duty timer. After all, one malfunction can ruin a whole harvest, so it only makes sense to put some money into making sure that your equipment works properly.

The only other option is to manually switch the lights on and off every 12 hours, but this approach has some pitfalls that I don't think I need to explain. So do yourself a favor and buy a nice timer: It will quickly pay for itself, since you can use it over and over for successful harvest after harvest. Good luck! \*



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1. The walls of an indoor growroom should be \_\_\_\_\_.

- a) reflective
- b) flat
- c) white
- d) all of the above

2. Mixing polymer crystals into your soil will improve the \_\_\_\_\_.

- a) nutrient levels
- b) water retention
- c) THC levels
- d) flowering time

3. Seven days before harvest, fertilization should \_\_\_\_\_.

- a) stop
- b) double
- c) continue at the same pace
- d) begin tapering off

4. Which of the following is NOT a sativa-dominant strain?

- a) Haze
- b) Dr. Grinspoon
- c) Northern Lights
- d) Punta Roja

5. Reverse-osmosis water \_\_\_\_\_.

- a) will kill your plants
- b) has high sodium levels
- c) has low levels of impurities
- d) appears light blue in color



### BONUS QUESTIONS

6. Identify this strain:

- a) The Purps
- b) Lemon Haze
- c) Blue Cheese
- d) Jack Herer



7. Identify this hydroponic grow medium:

- a) rockwool
- b) clay pellets
- c) soilless mix
- d) coco peat



8. These buds are \_\_\_\_\_.

- a) drying
- b) curing
- c) flowering
- d) sleeping

1.D, 2.B, 3.A, 4.C, 5.C, 6.A, 7.B, 8.C  
Correct answers:

### APRIL GARDEN CALENDAR

#### OUTDOORS

In warmer climates, April is the month for moving your plants outdoors, particularly if you can protect them in a small greenhouse. Outdoor soil should be thoroughly thawed, which means you can begin working it—pulling weeds, adding amendments and otherwise preparing for future plantings. If you're planting somewhere for the first time, note the position of the sun in the sky and determine how much sunlight your plants will get during the entire season, keeping in mind that the path of the sun will change as the days grow longer throughout the spring and then get shorter in the fall. Plants require at least five hours of midday sun for optimal growth.

Start this outdoor season off right by carefully planning all aspects of your garden and keeping organized and vigilant from the very beginning. Hopefully, the little 6-to-12-inch-tall clones and seedlings that you're putting out now will one day grow into giant, budding lovelies. Pay attention to your plants, and they will pay you back in kind!

Protect young plants outdoors with a greenhouse.



#### INDOORS

As the natural environment outside your growroom warms in the spring, the temperature and humidity inside can also be affected. Indoor heating in the house will taper off as the days grow warmer. By paying careful attention to how this affects the environment inside your growroom, you can help nip any problems in the bud.

Warmer springtime temperatures also bring out the neighbors,

so undertake a security check to make sure there aren't any incriminating light leaks, sounds or smells escaping from your growroom.

#### TIP OF THE MONTH

##### BRIGHT IDEA

Using a bulb that's too big and too bright for your growroom won't help you grow bigger or better buds—in fact, too much juice can lead to a heat buildup that stunts their growth, not to mention wasted dollars and sky-high energy bills. Bulbs in the 400- to 600-watt range work most efficiently and should be matched to work properly with your ballast. Also, always keep your bulbs clear of dust and fingerprints, which can significantly reduce their efficiency.

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The past year was a watershed in the world of marijuana, but 2010 promises to be even more earthshaking—especially in California. Will the state legalize adult use? Will Los Angeles and San Diego ease up on dispensaries? Is resentment against those who are getting rich in the industry causing a backlash? Find out in this report from the Golden State.

## TOP 10 STRAINS OF CANADA

In an exclusive from his forthcoming guidebook to great strains, Senior Cultivation Editor Danny Danko reveals his Top 10 Canadian picks of all time, highlighting the best varieties available from the Great White North.

## MEDICAL MAXIMIZATION

Fourteen states currently have medical marijuana on the books, but many of them impose tight growing restrictions. Here's your ticket around the "idiocracy." Can't grow hundreds of plants? No problem. Limitations on space? Don't worry. Cultivation Editor Nico Escondido gives you an inside look at maximizing your yields indoors—even when you're growing with fewer plants, fewer lights and a much smaller space.

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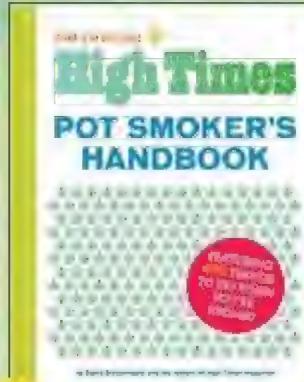
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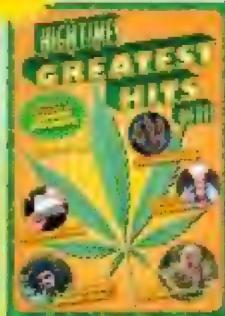
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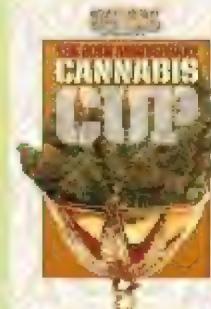


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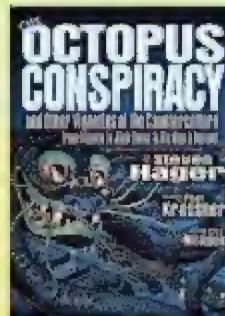
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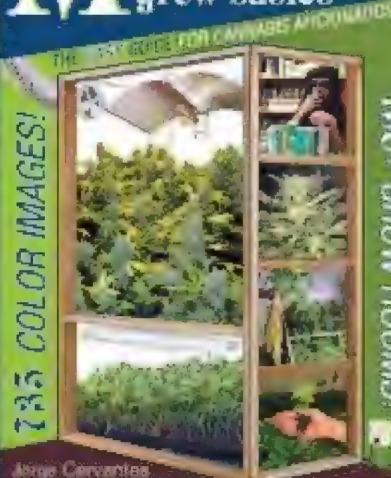
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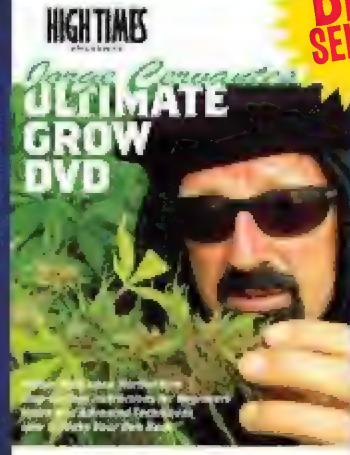
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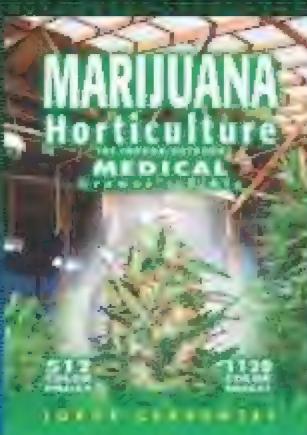


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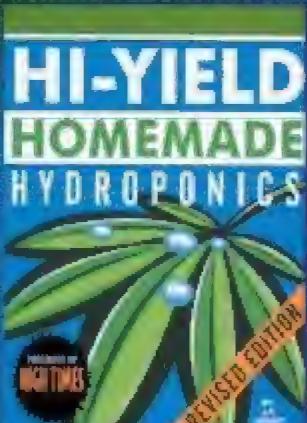
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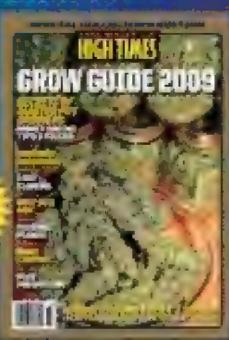
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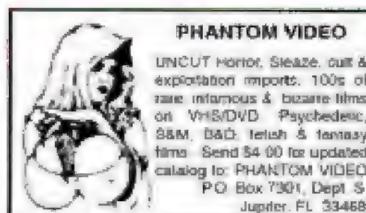
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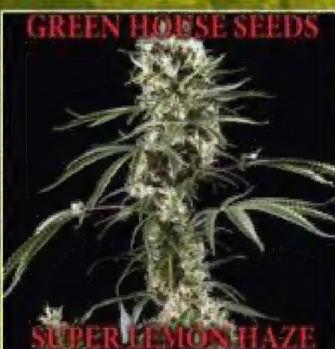
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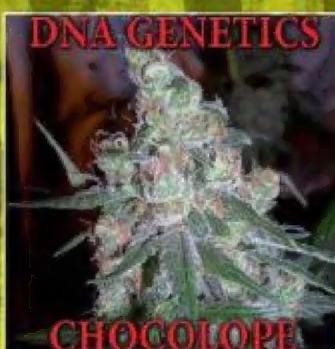
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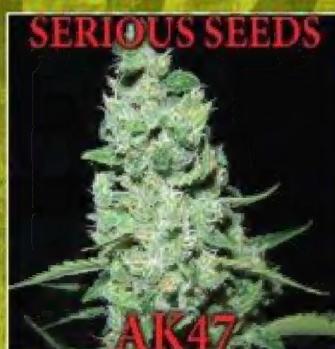
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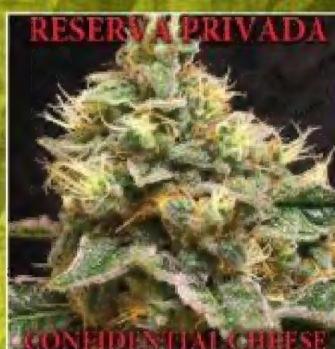
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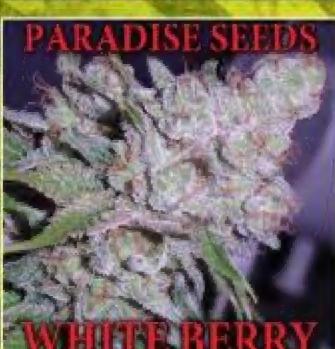
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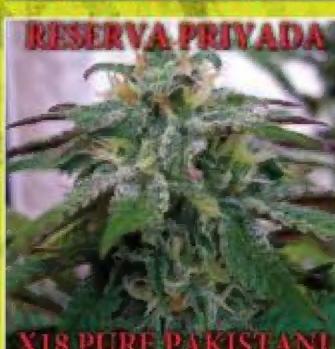
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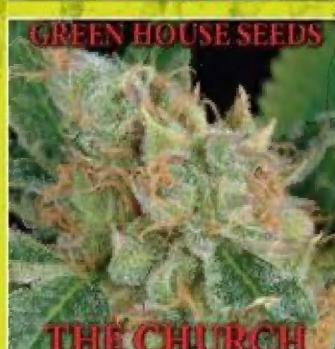
RESERVA PRIVADA  
CONFIDENTIAL CHEESE



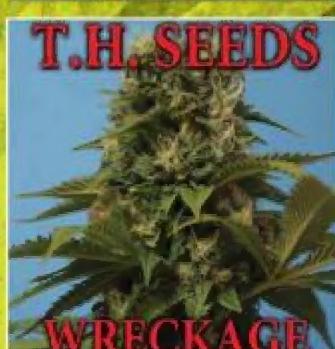
PARADISE SEEDS  
WHITE BERRY



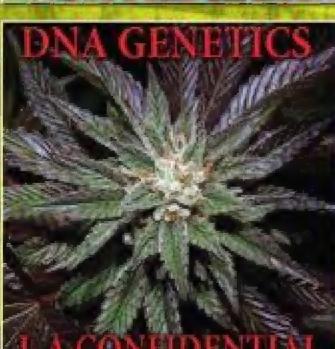
RESERVA PRIVADA  
X18 PURE PAKISTANI



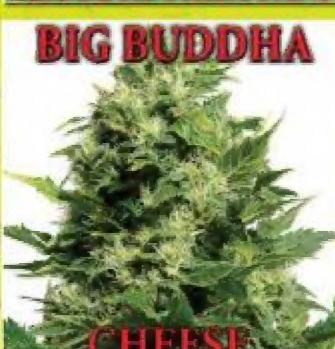
GREEN HOUSE SEEDS  
THE CHURCH



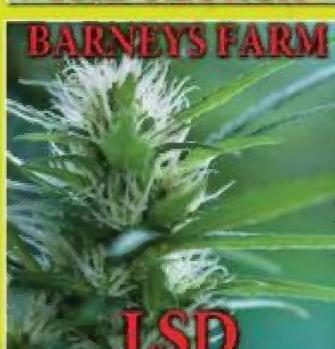
T.H. SEEDS  
WRECKAGE



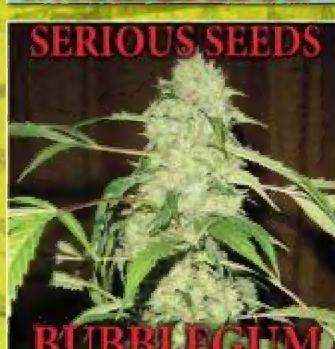
DNA GENETICS  
LA CONFIDENTIAL



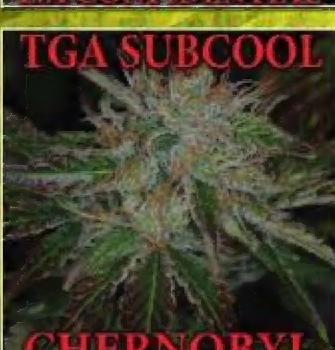
BIG BUDDHA  
CHEESE



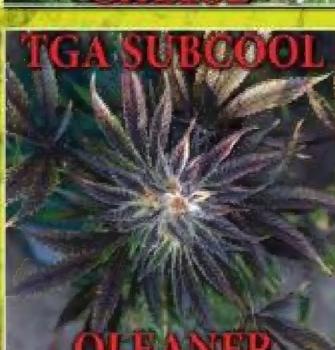
BARNEYS FARM  
LSD



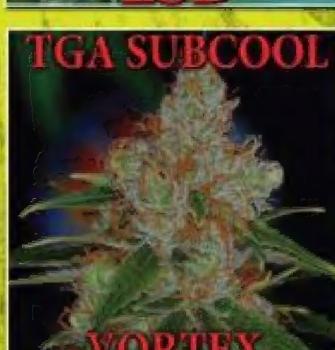
SERIOUS SEEDS  
BUBBLEGUM



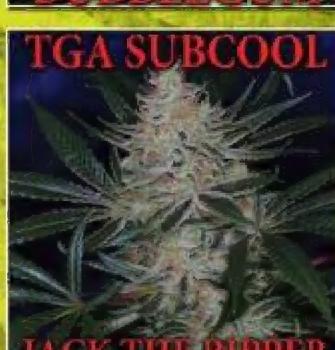
TGA SUBCOOL  
CHERNOBYL



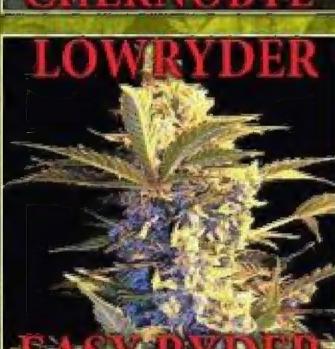
QLEANER



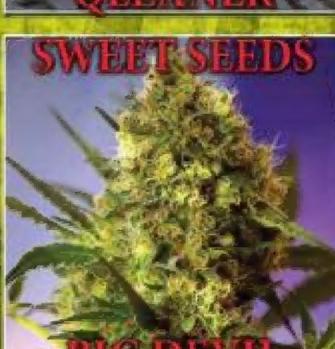
VORTEX



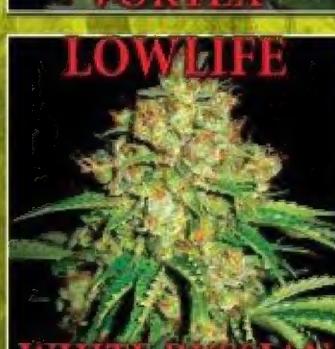
JACK THE RIPPER



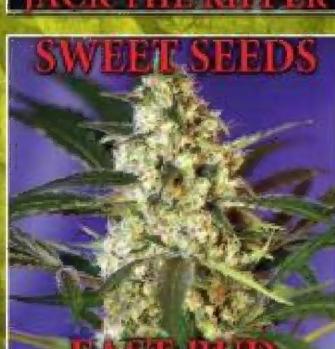
LOWRYDER  
EASY RYDER



BIG DEVIL



LOWLIFE  
WHITE RUSSIAN



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